# WELCOME TO THE WORLD OF THE MEDITERRANEAN FOOD EXPERIENCE!

The Mediterranean Food
Experience project is a cultural
asset as well as a meeting point
of people with interests, passion
and love for good, wholesome food.
The objective of the nutritionists
and the chefs of the team is
to present a unique experience
of tasty suggestions which, in
general, reflect the value of the
Mediterranean diet as a key factor
for longevity and health.

### symposium

/sɪm'pəʊzɪəm/ noun:

a drinking party or convivial discussion, especially as held in ancient Greece after a banquet (and notable as the title of a work by Plato).



LIVE THE EXPERIENCE

# **BOOK YOUR SEATS NOW**

In order to participate in the Mediterranean Food Experience, all you need is inspiration, appetite, enthusiasm and a positive attitude towards the great things we will do and share together.

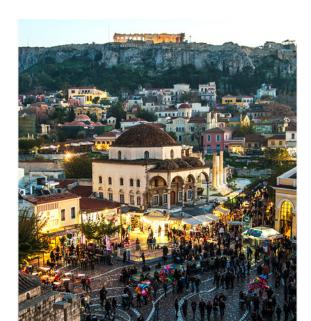
Book your experience and find more:

# www.medfoodexp.com

FOR GROUP BOOKING PLEASE CONTACT US (6+ PEOPLE)

# **CONTACT US**

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# GREEK SYMPOSIUM



# **HOW DOES IT**

# **WORK?**

## **LEARN**

Discover the ancient secrets of the Mediterranean cuisine, learn how to combine local dishes in the healthiest way as well as how to balance your daily diet.



### **TASTE**

Create on your own Greek traditional recipes while enjoying a delicious dinner in a local restaurant and taste more than 10 local healthy Greek dishes.





# **INTERACT**

Interact with people from different cultures and exchange ideas, stimulate your 5 senses through the experience and achieve the ancient Greek Symposium.

Event presented by certified nutritionists from the health portal

www.diet-coaching.gr



Free gift to all participants!

Best Seller Nutrition Health Book "Thin Positive"



**Evangelos Zoumbaneas** 



