

# 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'pəʊziəm/ 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](http://www.medfoodexp.com)**

FOR GROUP BOOKING PLEASE  
CONTACT US (6+ PEOPLE)

## **CONTACT US**

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**LIVE THE  
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](http://www.diet-coaching.gr)



Free gift to all participants!

Best Seller  
Nutrition Health  
Book "Thin  
Positive"

**THIN... positive**  
SECRETS TO CONTROL HUNGER AND APPETITE

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Evangelos Zoumbaneas  
Master Practitioner  
in Eating Disorders & Obesity

