

# A manifesto for a simple life

- Eat less, move more
- Complain less, smile more
- Buy less, make more
- Hate less, forgive & love more
- Stress less, laugh & rest more
- Feel blessed
- Feel grateful
- Celebrate life
- Find a quiet spot everyday and breathe

SPECIAL THANKS TO



**KORRES**

The American College of Greece



ACG HEALTH & WELLNESS CENTER  
tel.: 210 600 9800 ext. DERE 1500, 1700 - PIERCE 1193  
email: [wellnesscenter@acg.edu](mailto:wellnesscenter@acg.edu). fb: dereewellness

mind body spirit  
**fest**

simplify

**November 2-6, 2015**

**\*ATTEND 3+FUNCTIONS AND RECEIVE A LOTTERY TICKET TO WIN  
UNIQUE LUXURY TREATMENTS AT COCOON URBAN SPA**

**\*Preregistration: Students/Employees: ACG Health & Wellness Center ext. 1700, Office of Student Affairs ext. 1446  
Alumni: Office of Development & Alumni Relations ext. 1379**

**ALL WEEK**

12:00-15:00

**On Display:**

Live or smoke? Simple., *Biology Club*

Bright & Shiny? *Detergents & The Environment, Environmental Studies Society & Center of Excellence for Sustainability*

Information on: stress, nutrition, exercise, meditation, smoking & health, *ACG Health & Wellness Center*



The Wonders of Walking

Find the Magic Word Game

Freebies: nuts, fruits, tea, honey, halva, yoghurt, hair shampoo & conditioner

**Foot Scan by INTERSPORT** - learn about your foot type and identify the best running shoes for you

DEREE Main corridor

11:00-22:00

**Attend Group Fitness Classes:** Simple ways to be fit. (Open to ACG students and employees only)

Aqua Aerobics, *I. Athanasopoulou, Swim Coach, Office of Athletics*

Kettlebell Circuits, *K. Aggelidaki, Fitness Trainer, Office of Athletics*

Power Pilates, *S. Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center*

Total Fitness, Body Sculpt, Pilates Mat, *A. Katsafadou, Strength & Conditioning Coach, Fitness Trainer, Office of Athletics*

TRX, *D. Liossis, Sports Marketing and Fitness, Applied Sports & Exercise Science, Office of Athletics*

Yoga, Dance Mix, *L. Kostandinidou, Master Trainer, Yoga Instructor, Office of Athletics*

DEREE Gym, DERE Pool.

13:00-16:00

**Fitness Assessments** - Consult the experts: check your height, weight & body fat percentage

(Open to ACG students and employees only)

*D. Liossis, Sports Marketing and Fitness, Applied Sports & Exercise Science, Office of Athletics*

*P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics*

DEREE Gym/Fitness Center

14:30-15:30

**Health Checks** - Check your blood pressure, blood sugar, cholesterol, O<sub>2</sub> saturation (SPO<sub>2</sub>) & pulse rate

(Open to ACG students and employees only)

*N. Belati, DERE nurse, ACG Health & Wellness Center*

DEREE Main corridor

**MONDAY, NOV. 2**

15:00-15:30

**Gardening Without A Garden\*** - growing vegetables on your balcony

*R. McGrew, Architect*

JSB Library, upper level

15:30-16:00

**Herbs & Spices\*** - Learn how herbs & spices can improve your memory, boost your immune system and more

*S. Vendra, Traditional Chinese Medicine Therapist*

JSB Library, upper level

**TUESDAY, NOV. 3**

13:45-14:00

**Just Breathe\*** - Conscious breathing & simple relaxation techniques to destress you anywhere

*C. Tzortzi, Yoga Instructor, DERE 97*

JSB Library, upper level

14:00-15:00

**A Back Rub\*** - Massage made easy with Zoi

*Z. Bobota, Craniosacral & M. L. Drainage Therapist, A. Physiotherapist*

JSB Library, upper level

**don't forget:**  
✓ wear comfortable clothes  
✓ bring a towel

**WEDNESDAY, NOV. 4**

15:00-16:00

**Making Laundry Soap & Clothes Softener\*** - A demonstration using 3 simple ingredients, free samples

*V. Sarantidou, Biologist*

DEREE Student Lounge

**THURSDAY, NOV. 5**

13:45-15:00

**Pranic Healing\*** - Using prana "energy" to self- heal and help others

*A. Manola, Certified Pranic Healing Psychotherapist*

JSB Library, upper level

**FRIDAY, NOV. 6**

15:00-15:15

**Seeking Simplicity\*** - Move away from processed foods and take your diet back to basics

*E. Paravantes, Registered Nutritionist*

DEREE Student Lounge

15:15-16:00

**Sunshine in a Jar\*** - Whole fruits, little sugar creating the perfect simple Dessert, free samples

*E. Patra, Professor II of Management, DERE The American College of Greece*

**Yogurt Delight\*** - Simple ways to make yogurt more exciting, free samples

*A. Farhat, Student, DERE The American College of Greece*

*S. Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center*

*Special Guest: P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics*

DEREE Student Lounge