Gardening without a garden growing vegetables on your balcony

CO CHY

JSB Library, upper level

Monday, November 2 @15:00-15:30

Facilitator: Robin McGrew, Architect

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

The American College of Greece



ACG HEALTH & WELLNESS CENTER

find out how how herbs & spices can improve your memory, boost your immune system and more

Monday, November 2 @15:30-16:00 JSB Library, upper level

Facilitator: Sofia Vendra, Traditional Chinese Medicine Therapist

Herbs & Spice

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa



PIERCE DEREE

ACG HEALTH & WELLNESS CENTER



conscious breathing and simple relaxation techniques to destress mind & body that can be used anywhere and anytime

> Tuesday, November 3 @13:45-14:00 JSB Library, upper level



Facilitator: Christianna Tzortzi, Yoga Instructor, DEREE '97

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

The American College of Greece



ACG HEALTH & WELLNESS CENTER

a back rub

massage made easy by Zoi

Tuesday, November 3 @14:00-14:50 JSB Library, upper level

Facilitator: Zoi Bobota, Craniosacral & M.L. Drainage Therapist, A. Physiotherapist

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

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ACG HEALTH & WELLNESS CENTER

laundry soap & fabric softener demonstration, free samples

Wednesday, November 4 @15:00-16:00

DEREE Student Lounge

Facilitator: Vivian Sarantidou, Biologist

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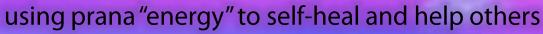
attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

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ACG HEALTH & WELLNESS CENTER

Pranic Healing







Thursday, November 5 @13:45-15:00 JSB Library, upper level

Facilitator: Ada Manola, Certified Pranic Healing Psychotherapist, Certified Instructor

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa





ACG HEALTH & WELLNESS CENTER

Unprocessed and simple

Move away from processed foods and take your diet back to basics

Friday, November 6 @15:00-15:15 DEREE Student Lounge

Facilitator: Elena Paravantes, Registered Nutritionist

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

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ACG HEALTH & WELLNESS CENTER

THE RECEIPTION OF THE RECEIPTI

Facilitator:

Sunshine in a Jar maximum fruits, minimum sugar demonstration & free samples Friday, November 6 @15:15-16:00 DEREE Student Lounge

THE STATUS OF BREET

Dr. Eleni Patra, Professor II of Management Special Guest: Panagiotis Tilelis, Executive Coordinator of Fitness-Nutritionist

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

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ACG HEALTH & WELLNESS CENTER

Yogurt Delight



simple ways to make yogurt more exciting, <u>demonstration, free samples</u> Friday, November 6 @15:15-16:00

DEREE Student Lounge

Facilitators: Sophie Themelis, Wellness Coordinator, Pilates Instructor Adonis Farhat, Student, Deree The American College of Greece

attend 3 Mind Body Spirit functions (marked with a star *) and receive a lottery to win unique luxury treatments at cocoon urban spa

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