

Gardening without a garden

growing vegetables on your balcony



Facilitator:
Robin McGrew, Architect

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



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

tel.: 210 600 9800 ext. DERE 1500, 1700 - PIERCE 1193 email: wellnesscenter@acg.edu fb: [dereewellness](https://www.facebook.com/dereewellness)

Herbs & Spices

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

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just
breathe.

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, DEREЕ '97

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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

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DIY Laundry Soap

laundry soap & fabric softener
demonstration, free samples



Facilitator:
Vivian Sarantidou, Biologist



Wednesday, November 4 @15:00-16:00
DEREE Student Lounge

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Pranic Healing

using prana "energy" to self-heal and help others



Facilitator:

Ada Manola, Certified Pranic Healing Psychotherapist, Certified Instructor



Thursday, November 5 @13:45-15:00

JSB Library, upper level

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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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

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Sunshine in a Jar

maximum fruits, minimum sugar

demonstration & free samples

Friday, November 6 @ 15:15-16:00
DEREE Student Lounge



Facilitator:

Dr. Eleni Patra, Professor II of Management

Special Guest: Panagiotis Tilelis, Executive Coordinator of Fitness-Nutritionist

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Yogurt Delight

simple ways to make yogurt
more exciting,
demonstration, free samples

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

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