

# MEET YOUR SPEAKERS

## MIND BODY SPIRIT FEST 2022

**TUESDAY, OCTOBER 4 @ 14:10-15:10**



### **Lucy Konstantinides**

*Choreographer, Trainer  
Group Fitness Instructor*

Born in Cyprus and raised in Saudi Arabia and the UK, she has a BA from Laban Center University of London with a specialization in Dance Theater. Lucy is a Master Trainer at Reebok USA, specialized in Yoga Vinyasa, Hip Hop, Cycling, Body Walk, Slide, Step, Dance Aerobic and Personal Training. She has IDEA member professional Certification and a Diploma in Zumba Dance. In performance and television, Lucy has worked as a choreographer for popular shows including: "Χρώμα και Σώμα" (ERT 2), "Proinos Kafes" (ANTENNA TV), "Metaxy mas" (MEGA Channel), "Roula Koromila" (ALPHA TV), "OLE" (STAR Channel) and for Greece's participation in the 2002 Eurovision Song Contest with Mixalis Rakitzis. Lucy is the founder and organizer of the annual Dance Music Festival and a professional hiking leader, organizing and leading excursions in Greece. Lucy has been working as a choreographer and fitness instructor at Deree and Pierce since 2002.

**TUESDAY, OCTOBER 4 @ 14:10-15:10**

**SATURDAY, OCTOBER 8, 6:15-11:00**



### **Sophie Themelis**

*DC '83, Wellness Coach  
Pilates Instructor*

Born and raised in Amman, Jordan. With a BA in Dance and a strong background in exercise, meditation and wellness, she has been working since 1990 at Deree as a group fitness instructor, faculty member, Recreational Sports Coordinator and, finally, Executive Coordinator, Wellness. Her expertise in group fitness and personal training enabled her to work in spas and sports clubs in Greece and Jordan and had a daily fitness program on the national Jordanian television. She has participated in congresses and seminars in Greece and abroad with the latest being: The Pilates Coach-Germany, The Physicalmind Institute/The Method Pilates-USA, Grounding, Reiki, Biosynthesis, Pranic Healing Light-Greece. She has been a member of IDEA (The Health and Fitness Source) since 1998. Sophie speaks Arabic, English, French and Greek.

**WEDNESDAY, OCTOBER 5 @ 14:30-15:30**

**FRIDAY, OCTOBER 7 @ 13:30-14:20**



**Paraskevi Papadopoulou**

*PhD Biologist*

Paraskevi Papadopoulou is Professor and Head of the Department of Science and Mathematics and the Biomedical Sciences Program at Deree – The American College of Greece. Her research activity covers a wide range of subject areas focusing on structural biology/molecular biophysics and bioinformatics and on structural and self-assembly studies of fibrous proteins. Her current research engagement expands on genetic disorders, environmental health issues, big data analytics in bioinformatics, medicine, health and healthcare, the evolution of consciousness plus on Mediterranean biodiversity and green roofs, as well as innovative teaching and learning methods in STEM disciplines, mainly Biology. Her research work has appeared in over 45 scientific articles, book chapters and 3 books. She has served as book editor and manuscript reviewer in several high-impact journals. She serves as Review Editor in *Frontiers in Digital Health (Personalized Medicine)*. She is Research Area Leader in Biomedical Sciences Research Area under The Research, Technology & Innovation Network (RTIN) and collaborator with the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) and its affiliated research projects.

**THURSDAY, OCTOBER 6 @ 14:10-15:10**

**Antonis Balatsias**

*Senior Instructor,  
Adjunct Senior Trainer  
International Law  
Enforcement Academy*

Special agent for the US Department of Justice. He has served on numerous posts domestically and internationally, specializing in complex criminal investigations to include multi-national organizations, financial crime, narcoterrorism and fugitive apprehension. He has also served as senior instructor at the International Law Enforcement Academy in Quantico, Virginia, and as adjunct senior trainer at the International Law Enforcement Academies in Central America, South America, Africa, Europe and Asia.

**FRIDAY, OCTOBER 7 @ 14:30-15:30**



**Stella Apostolaki**

*PhD Environmental Scientist*

Born and raised in Athens, Greece, and educated in Scotland, UK, with passion for environmental conservation and love for nature. She is Assistant Professor, Coordinator of the Environmental Studies Program, Department of Science and Mathematics, and Executive Director of the Center of Excellence in Sustainability at The American College of Greece (ACG). She is teaching a variety of environmentally focused courses at Deree - ACG. Through this role she feels constantly challenged to convey ideas relating to how we can improve planetary health and re-establish the lost contact with nature. She has a wide research experience, she is expert evaluator of Call for Proposals for European Commission, has worked as a researcher in collaboration with Universities and Authorities in Greece and in the UK, and has participated in numerous EU-funded projects. Her main research interests focus on integrated water management and innovation, sustainable development, sustainable stormwater management, climate change, conservation of biodiversity, ecosystem restoration, public awareness - stakeholder engagement methods and public education, green urban planning with emphasis on amenity and biodiversity, and on the implementation of the United Nations Sustainable Development Goals.

**SATURDAY, OCTOBER 8, 6:15-11:00**



**Tobias Myers**

*PhD Scholar-Teacher*

Tobias Myers is a classicist specializing in Homer, and is interested more broadly in ancient poetry, magic, religion, and the history of ideas. He received his PhD in Classics from Columbia University, and is the author of *Homer's Divine Audience* (Oxford 2019). His current research includes work on a new book about self-knowledge in the *Odyssey*. Tobias taught for eight years at Connecticut College as an Assistant and then Associate Professor, where he received in 2019 the King Award for Excellence in Teaching. In 2021 he joined the Deree faculty and became Associate Director of ACG's new Institute for Hellenic Culture and the Liberal Arts. As a long-time meditator, and certified yoga teacher, Tobias is delighted to be participating in the Mind Body Spirit Fest.

## MODERATOR



### **Christina Drakonakis**

*Associate Dean of Students,  
Office of Student Affairs  
Head, ACG H&W Center*

Christina has over 25 years of administrative experience in higher education and the healthcare field. She was born and raised in the United States. She has a BS in Biology from the University of Connecticut, an MA in Medical Science from Boston University School of Medicine, an MA in Public Health from Boston University School of Public Health, a Professional Certificate to teach Biology in secondary education from Fairfield University and an Emergency Medical Technician Certification from Gateway College. Christina is currently the Associate Dean of Students at Deree and the head of the ACG Health and Wellness Center. She balances life's challenges on sunny days with hard labor in her garden and on days when the weather doesn't cooperate, with watercolor painting and a good book.