



The Hellenic Society Prometheas & The Hellenic Center



Invite you to a presentation by:

Dr. George Chrousos

Professor of Pediatrics & Endocrinology
(Presentation via Webinar)

Dr. Christina Darviri

Professor of Prevention & Health Promotion

Scientific Directors of the Post Graduate Program
“The science of stress and health promotion” of the
Medical School of the National and Kapodistrian University of Athens, Greece.

“Pythagorean Self-Awareness Technique for Stress Management, Memory Improvement and Well-Being”

The speakers will introduce the theory and practice of a novel method that is based on the principles of the ancient Pythagorean Philosophy and the latest scientific knowledge and research in the stress management field. This new and unique technique, developed by university medical researchers, has already been successfully applied to both healthy individuals in the general population and to patients with various health problems in Greece.

The lecturers will discuss findings from practicing the technique described in evidence-based articles published in scientific journals. They will address issues related to stress and its relationship to health and disease and they will present methods to control and reduce stress through the practice of the *“Pythagorean Self-Awareness Technique”*. This technique is also being used in the United States by the “US Scientific Association of Stress Management and Health Promotion” to all age groups with impressive results: **Alleviation of physical and emotional stress and anxiety, improvement in cognitive functions, memory and sleep, healthier lifestyle, reduction of depressive symptoms, obesity and blood pressure.**

(The presentations will be mainly in Greek with necessary explanations in English)

Sunday, November 20, 2016 at 4:00 pm.

St. George Greek Orthodox Church, Founders Hall
7701 Bradley Boulevard, Bethesda, MD 20817

Reception will follow