



**The Hellenic Medical Society of New York™,
US Scientific Association of Stress Management and Health Promotion (SASMHP),
Holy Trinity Cathedral,
Archdiocesan Cathedral Philoptochos Society,
Hellenic-American Chamber of Commerce,
HABA-Hellenic-American Association for Professionals in Finance,
Hellenic Lawyers Association,
Hellenic Professional Women,
The Manhattan Chapter of AHEPA Delphi #25,
EMBCA – East Mediterranean Business Cultural Alliance**

Cordially invite you to attend a presentation on

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

Wednesday, November 16, 2016
7:00 – 9:00pm

Holy Trinity Chiotes Family Cathedral Hall
337 East 74th Street • New York City

Complimentary to all members

Please RSVP at 718-398-2440 or via email at hellenicmed@gmail.com

SPEAKERS:

Honorary President - Dr. George Chrousos professor
President - Dr. Christina Darviri professor
Dr. Liza Varvogli adjunct professor

Post Graduate Program
“The science of stress and health promotion”
Medical school
National and Kapodistrian University of Athens Greece
www.stressmaster.med.uoa.gr

COURSE DIRECTOR

Christina Darviri professor

COURSE OBJECTIVES

The lecture aims at introducing the theory and practice of a novel method named the “**Pythagorean Self-Awareness Technique for stress management, memory improvement and well being**”. This method is based on the principles of the ancient Pythagorean Philosophy and

the latest scientific knowledge and research in the stress field. It will be presented by renowned scientists in the field. It is a new and unique technique invented by university medical professors and it has already been successfully applied with both healthy individuals in the general population and patients with various health problems in Greece, with encouraging and promising results.

The lectures will elaborate on findings from practicing the technique described in evidence based articles already published in scientific journals. The lecturers will address additional issues related to stress and its relationship with health and disease and they will present methods for controlling and reducing stress through the practice of the “Pythagorean Self-Awareness Technique”.

The technique is being applied by the US Scientific Association of Stress Management and Health Promotion to all age groups from children up to the elderly with spectacular results. The most important benefits are:

- Alleviation of physical and emotional **stress** and **anxiety**
- Improvement in **cognitive functions** and **memory**
- **Sleep** improvement
- Reduction of **depressive** symptoms
- Amelioration of healthy lifestyle, daily routine and dietary healthy choices, reducing **obesity** and **blood pressure**
- Increase in **positive approach** and **self - esteem**
- **Self control** and self- awareness

It requires a training program that monitors a person for a specified period and applies to the entire life.

The technique is intended to be a perfect tool for creating health and preventing from memory disorders.

www.stresssociety.org or www.stresssociety.gr