



ANNUAL CONFERENCE

YOUR HEALTH & WELLNESS

DECEMBER 2 & 3, 2022

THE RITZ CARLTON HOTEL, PENTAGON CITY, ARLINGTON, VA

CONFERENCE PROGRAM & SPEAKERS

FRIDAY, DECEMBER 2, 2022

6:30 PM Reception for Conference Attendees, Embassy of Greece
Featuring KLEOS Mastiha Drink

SATURDAY, DECEMBER 3, 2022

8:00 – 9:00 AM Registration & Continental Breakfast
9:05 – 9:15 AM Welcome Remarks & Introductions
Moderator: Ms. Laura Evans Manatos, President & CEO of Laura Evans Media
9:15 – 10:00 AM **Stress Management** – Dr. George Chrousos, MD
Nutrition for Health – Dr. Artemis Simopoulos, MD
10:00 – 10:15 AM **BREAK – SITTING YOGA** – Ms. Tina Ligelis
10:15 – 12:30 PM **The Impact of COVID on the Psyche (Especially the Young)**
Dr. Eva Maria Theodosiadis, Psychiatrist & Dr. Debra Brosius, Psychologist
Biotechnological Developments (Alzheimer's, Heart, Inner Ear, etc.)
Ms. Andriana Ayiotis, Ph.D candidate, Johns Hopkins University
Looking Your Best – Invasive & Non-Invasive Developments
Dr. Gloria Duda, MD, FACS
Question & Answer Period
12:30 PM **BREAK**
1:00 – 3:00 PM **Luncheon & Aristeon Award Presentation**
Aristeon Award Nominee: Her Excellency Alexandra Papadopoulou
Ambassador of the Hellenic Republic to the US
Presented by Marina Hatsopoulos, former *Aristeon* Award recipient
4:00 – 5:30 PM **HAWC Annual Business Meeting & National Board Elections**
Open to members in good standing only
7:00 PM **Reception/Dinner for Conference Attendees** (private residence)
Hosted by The Honorable Deborah Wince-Smith & Ms. Alma De Metropolis
1315 Merrie Ridge Road, McLean, VA 22101



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HOTEL INFORMATION

The Ritz Carlton, Pentagon City • 1250 South Hayes Street • Arlington, VA 22202

Special Room Rate of \$139.00 plus tax (Single/Double)

Book Online at <https://bit.ly/3clzRVO> or call 1-800-241-3333 by November 11, 2022

TRANSPORTATION & PARKING

The hotel is less than 10 minutes (by car) from Reagan National Airport

METRO Stop: Pentagon City (Blue & Yellow Lines)

Hotel Valet Parking: \$19.00 (Special Rate) or parking is available at the adjacent Fashion Mall

CONFERENCE REGISTRATION

Conference Fee Includes: Friday Evening Reception, Saturday Continental Breakfast, Conference Presentations, Luncheon, & Saturday Evening Reception. & Dinner

Conference Fee	\$200
Students (Under 25)	\$75
Luncheon Only	\$120
Donation to Support Conference	\$ _____

Register online at www.hawcnet.org or mail your completed registration & check made out to HAWC to:
1025 Connecticut Avenue, NW, Suite 1000, Washington, DC 20036

REGISTRATION FORM

Name: _____

Email: _____ Phone: _____

Address: _____

Registration: _____ x _____ Student _____ x _____ Lunch Only _____

I've Also Enclosed: Donation to Support Conference _____ 2022 Dues (\$50) _____

Lifetime Dues (\$1,000) _____

Total Enclosed: \$ _____