



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

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 Communications*

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**

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**

*Aristeion Award Nominee: Her Excellency Alexandra Papadopoulou
Ambassador of the Hellenic Republic to the US*

Presented by Marina Hatzopoulos, former *Aristeion* 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

For Additional Information Please Contact:

Dimitria Antonopoulos: 703.623.5296 | dimitriaa@hotmail.com or Theodora Hancock: 703.864.7442 | theodora3@verizon.net

www.hawcnet.org





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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 Dinner & Reception.

Early Registration (Members Only by October 30, 2022)	\$180
Non-Members & Members after October 30, 2022	\$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

HAWC ANNUAL CONFERENCE REGISTRATION

Name: _____

Email: _____ Phone: _____

Address: _____

Registration: _____ x Early _____ x Non-Member/Late _____ x Student _____ x Lunch Only

I've Also Enclosed: _____ Donation to Support Conference _____ 2022 Dues (\$50) _____ Lifetime Dues (\$1000)

Total Enclosed: \$ _____

