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26th Annual Conference

Learn, Laugh, Thrive
A Fulfilling Life

Friday, November 1, and
Saturday, November 2, 2019
Union League Club of Chicago
65 W. Jackson Chicago, IL

Aristeon Award Honoree Maria Pappas, Cook County Treasurer



A lawyer with a degree in counseling psychology, a granddaughter of Cretan immigrants, Maria Pappas was raised in Warwood, West Virginia. As a child, she studied the Greek language and all kinds of music. She has earned degrees in Sociology, Guidance and Counseling, Psychology and Law.

Pappas' public career began with her work in Chicago's Altgeld Gardens public housing project. In 1990, she was elected Cook County Commissioner and represented constituents from Chicago's North Side and North Shore suburbs. During that time she co-authored an extensive study on teenage pregnancy, outlining a program to combat a key societal issue.

As Cook County Treasurer, Pappas streamlined the account receivables system and in her first year, increased interest on deposits from \$4.8 million to almost \$19 million. She designed a system of transparency which included how much each taxing district is billing taxpayers and how much they owe in debt for pensions, operations and other costs.

Pappas has taught psychology and family relations and her reputation for technological savvy has caught the attention of foreign governments. Miss Pappas has shared her expertise with China on how to develop a property tax system and to network hospitals. On a pro bono basis, she has worked with Greece on issues involving criminal justice, taxation and general automation.

Pappas remains active in seminars and think-tank sessions. She has participated in symposiums on world economic matters in Greece. An avid bicyclist, runner and swimmer, Pappas has participated in about 100 rides, marathons, triathlons and long-distance rides for charity.

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Event Schedule

Friday, November 1, 2019

6:00 Welcome Reception
Cité -Hosted by Dame Dr. Evangeline Gouletas

Saturday, November 2, 2019

8:30 Registration and Continental Breakfast
 9:30 Welcome and Opening remarks
 9:45 **Panel Discussion**
Moderator: Maria Chistodoulou, BA, MLS
 Clinical Herbalist, Founder & CEO of *Bliss without Bother*
Panelists:
Christina Jones, LCSW
 Psychotherapist and Consultant
Diane Kochilas
 Host of *My Greek Table TV Series*, Cookbook Author, Celebrity Chef
Emmaline Rasmussen, MS,BD,E-RYT
 Registered Dietitian & Nutrition Researcher at NorthShore University
 Founder & CEO at Sound Nutrition, LLC Registered Yoga Teacher
Lynda Tourloukis
 Certified Laughter Yoga Master Trainer, Professional Life Coach

12:00 Break
 12:30 Lunch
Presentation of Aristeon Award
 to Maria Pappas, Cook County Treasurer

2:30 **The Laughing Experience**
 3:15 Break
 3:30 Annual Business Meeting



Speakers and Panelists

Christina Jones, Life Coach, Psychotherapist and Business Consultant



Christina Jones consults and coaches leaders of organizations or anyone who is in a leadership position at their organization. She knows what it takes to run her own business, as well as lead an organization. Having been through her own “boot camp” as an executive director of a not-for-profit social service agency, as well as an entrepreneur in the world of

publishing, public speaking and as a clinician in private practice, Christina Jones has the experience as well as the keen ability to assist individuals in unleashing their potential as leaders and achieve their professional goals.

Often, people think their personal life is completely separate from their professional life, and that one is not affected by the other. Yet, feelings of inadequacy and stress with co-workers or superiors at the workplace, can have a toxic effect on our lives outside of work. Christina offers coaching that will optimize performance and relationships at work and bring out the best in relationships outside of work.

Christina Jones assists groups of people to develop as a team and learn the communication skills needed to collaborate in order to improve the climate at the workplace and achieve goals, as they relate to the mission of the organization. She has been assisting individuals and couples develop and maintain harmonious relationships for over 25 years.

Speakers and Panelists

Diane Kochilas, Celebrity Chef, Show host and Cooking School owner



Diane Kochilas, celebrity chef, TV cooking show host, prolific cookbook author and cooking school owner, has been on the forefront of bringing healthy, delicious Greek cuisine to a wide international audience for many years.

Her latest project is My Greek Table, a 13-episode per season cooking-travel show, which she hosts and co-produces airs nationally on American Public Television, in Greece, Canada and elsewhere. Diane owns and operates The Glorious Greek Kitchen Cooking School on the Blue Zone Greek island of Ikaria. She is an award-winning author of 18 books on Greek and Mediterranean cuisine. Her book “Country Cooking of Greece”, was hailed by the New York Times as one of the 100 best books of 2012 and by virtual gourmet, John Mariani, as Diane’s “masterpiece.”

As consulting chef, she has designed menus at some of the top Greek restaurants in North America, including Committee in Boston, Molyvos and Pylos in NYC, Axia in New Jersey, Avli in Chicago, and Volos in Toronto. She has worked extensively in institutional dining, with Harvard University Dining Services, Yale University Dining, and for UMASS (Amherst), renowned as the premiere college dining program in America.

She has been the host of Greece’s most popular TV cooking show, “What Are We Going to Eat Today, Mom” (in Greek) and a columnist and restaurant critic for 20 years at the country’s largest circulation daily paper, Ta Nea. She has appeared on many major American television shows, most recently on FoxNews, “Throwdown with Bobby Flay,” “The Today Show,” “Martha Stewart,” “Bizarre Foods with Andrew Zimmern,” and more.

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Greek American Restaurant Alliance

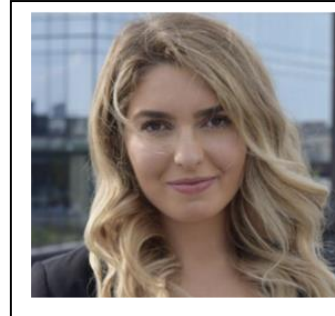


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Speakers and Panelists

Emmaline Rasmussen, MS, RD, E-RYT NorthShore University HealthSystem



Emmaline Rasmussen is a registered dietitian and researcher in the Department of Neurology at NorthShore University Health System. As part of NorthShore's Center for Brain Health, she brings expertise in nutrition and integrative health to patients at risk of and those diagnosed with neurodegenerative diseases. She has earned her master's degree in Physiology and Biophysics with a focus in Complementary and Alternative Medicine from Georgetown University. She graduated cum laude from the University of Illinois at Chicago with a bachelor's degree in Dietetics and a minor in Kinesiology.

She is a member of the Academy of Nutrition and Dietetics, Dietitians in Integrative and Functional Medicine, and the American College of Nutrition. She serves as a Medical Ambassador for the American Cancer Society. Emmaline is also a featured contributor on Good Day Chicago, The Chicago Tribune, and 101.9 The Mix, on the topics of nutrition and wellness. Through her experiences in the Midwest, Colorado, Miami, DC, New York and abroad, she has heightened her knowledge about the connection between food and integrative medicine.

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Speakers and Panelists

Linda Tourloukis, Certified Laughter Yoga Master Trainer, Professional Life Coach



Lynda Tourloukis offers an architecture for abilities to soar with presentations and programs of laughter and play. She is helping to grow the movement of Laughter Yoga for health, happiness and world peace. She engages individuals, groups and organizations as a Life and Laughter Development Specialist helping each to find their own sense of balance and peace with themselves and others.

Traveling internationally, she has provided programs from the simplicity of Laughter Yoga to advanced techniques of Laughter for the Soul. Her passion for almost 20 years is in the programs of developmental insightful play for organizations to individuals. With a background in leadership, life development, and coaching, her creative inspirations have helped individuals to navigate life's questions and realize possibilities of their potential with a touch of joyful genius. As a result, any experience with her makes your performance rock and your potential come alive.



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Speakers and Panelists

Maria Christodoulou, Clinical Herbalist (Conference Moderator)



Maria Christodoulou is the founder of Bliss Without Bother, a wellness retreat planning service that has a network of retreat centers and wellness practitioners in 7 countries. After spending many years working in the non-profit sector, including at the Smithsonian Institute, Onassis Foundation USA, and NYC Department of Education, Maria decided to pivot towards a lifestyle that blended personal

and professional wellness modalities. Maria has participated on a variety of yoga, acroyoga, meditation, herbal medicine, and writing retreats, both domestic and abroad.

Maria is also a Clinical Herbalist who completed a three-year intensive herbal program at ArborVitae School of Traditional Herbalism in New York City. Her herbal medicine consultations blend together Western Herbalism, Ayurveda, and Traditional Chinese Medicine, including herbs native to the Mediterranean region. She is currently working on a book that explores the practice of herbal medicine in ancient Greece and Rome.



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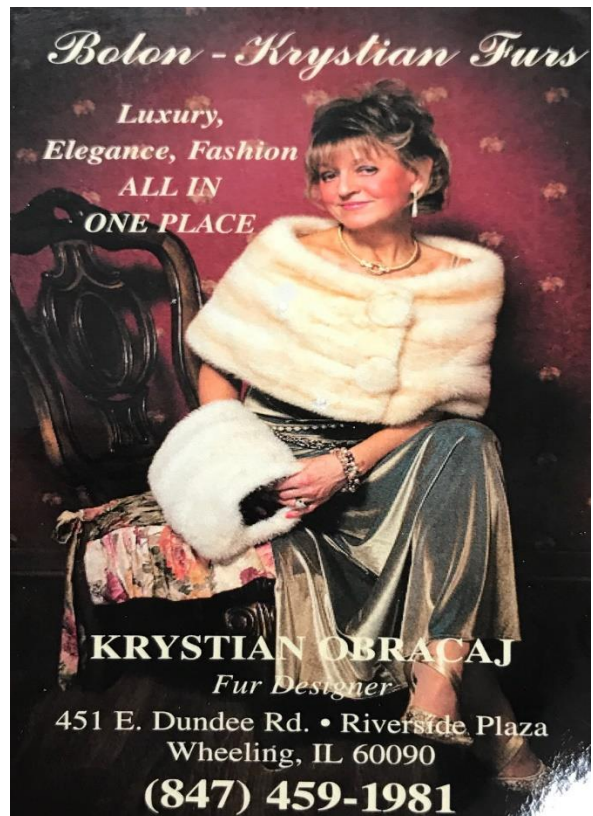


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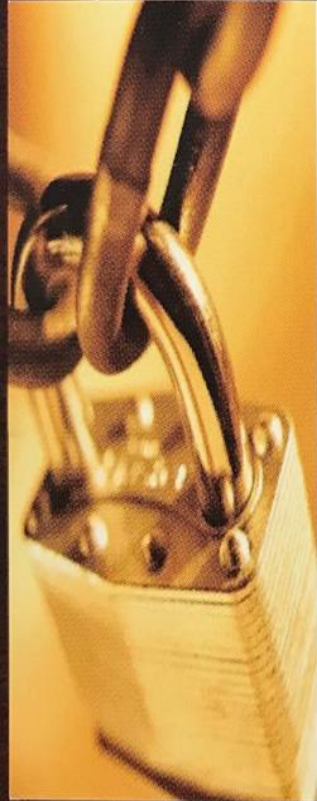
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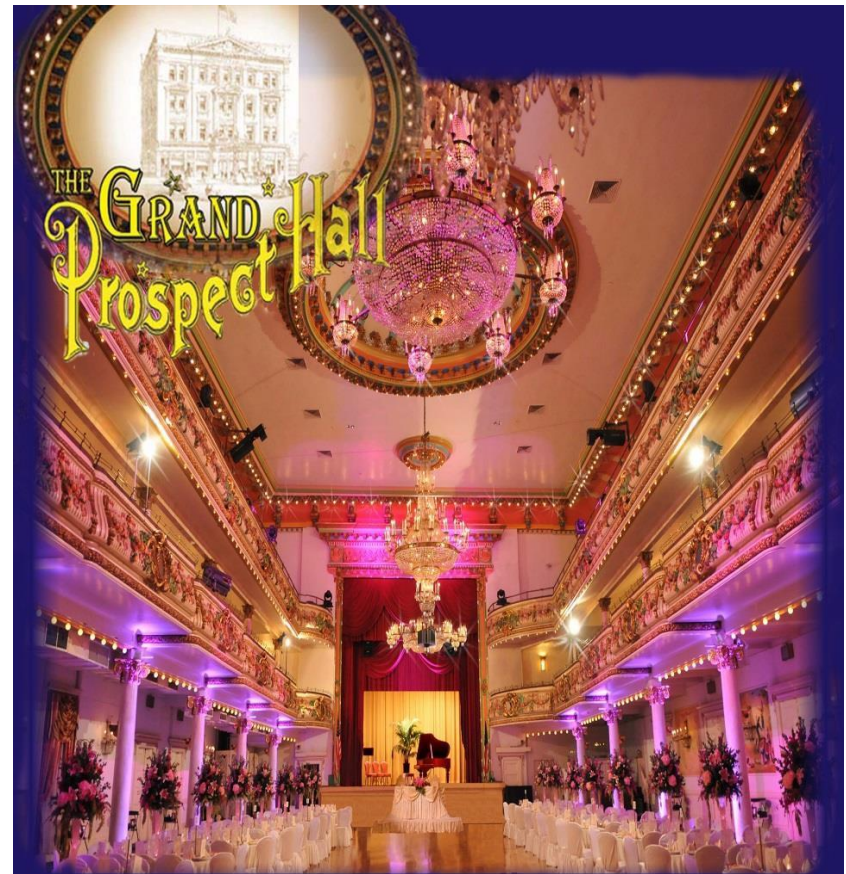
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HAWC'S MISSION

The Hellenic American Women's Council (HAWC) is a 501(c)(3) nonpartisan, nationwide network whose mission is to identify and harness the tremendous talents of Hellenic American Women. HAWC encourages awareness of public policy issues and promotes women who wish to play leadership roles in their communities, the nation and their professional fields of endeavor.

HAWC sponsors regional conferences, lectures, debates and seminars by prominent scholars, government officials, and experts on various issues of interest to its membership.

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The sun is new each day.

~Heraclitus

Dwell on the beauty of life. Watch the stars, and see yourself running with them.

~Marcus Aurelius

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