

The background of the entire page is a light blue map of Greece, showing the coastline and major islands. The map is rendered in a semi-transparent style, allowing the text to be clearly visible.

# **5th** INTERNATIONAL WORKSHOP OF **ISMNI**

combined with the

# **11th** INTERNATIONAL SEMINAR OF **HELIOS**

**28, 29, 30 September - 1 October 2006**

**Hotel AKS, Porto Heli, Greece**

## **Preliminary Program**

Under the  
auspices of the IOF



International  
Osteoporosis  
Foundation



# Welcome from the President of ISMNI & President of HELIOS

*On behalf of the organizing committee we have the great pleasure to invite you to attend the Fifth International Workshop on Musculoskeletal Interactions.*

*It is organized by the International Society of Musculoskeletal and Neuronal Interactions (ISMNI) in co-operation with the Hellenic Institute of Osteoporosis (HELIOS). The workshop will take place at the AKS Hotel in the picturesque village of Porto Heli, South-Eastern Peloponnesus.*

*The goal of the event is to update basic scientists and clinicians on recent research regarding new aspects of the musculoskeletal and neuronal systems, thereby enhancing diagnostic and therapeutic outcome. The workshop is devoted mainly to issues of basic and clinical investigation, and it will include Plenary and Poster Sessions.*

*During the workshop maximal time will be allotted to discussion. Invited speakers, from around the world will cover the current topics and will present original work, so that the participants will be able to obtain the most recent information directly through ongoing studies.*

*At the conclusion of this workshop, participants should benefit from an integrated up-to-date understanding of biological and mechanical issues related to the musculoskeletal system and they should assess the efficacy of diagnostic procedures and drugs on pathologies of the skeleton. Additionally this conference will have a critical approach to future directions in research and treatment of osteoporosis.*

*Of course a venue significantly attributes to the success of a meeting. The attractive place of the venue provides a setting conducive to relaxed thinking, exchange of ideas and development of partnership. The conference will take place in a nice conference Center, overlooking the village of Porto Heli. Delegates will have the opportunity of visiting the famous summer resorts of Spetses and Hydra.*

*The climate Porto Heli during this period is mild and pleasant and all participants will find the opportunity to enjoy the beaches of the mainland and islands. Finally you are invited to submit your own data as a free communication, poster or video, so that to exchange information and experiences with other participants.*

**J. A. Gasser**

**G.P. Lyritis**

# COMMITTEES

## EXECUTIVE CHAIRMEN

- ✓ Juerg A. Gasser
- ✓ George P. Lyritis

## SCIENTIFIC COMMITTEE

- ✓ Claude D. Arnaud
- ✓ Moise Azria
- ✓ Maria Luisa Brandi
- ✓ Christos Cosmidis
- ✓ Jean-Pierre Devogelaer
- ✓ Ismene A. Dontas
- ✓ Jose Louis Ferretti
- ✓ George Kapetanos
- ✓ Dimitrios Karras
- ✓ Christos Komissopoulos
- ✓ George Latsos
- ✓ Toshitaka Nakamura
- ✓ George Papadimitriou
- ✓ Ioanna Paspatis
- ✓ Michalis Potoupnis
- ✓ Martin Runge
- ✓ Eckhard Schoenau
- ✓ Amalia Tsagari
- ✓ Thomas J. Wronski
- ✓ Christos K. Yiannakopoulos

## Official Congress Secretariat Mastermind S.A.

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# SCIENTIFIC STRUCTURE

## WORKSHOP STRUCTURE

- ✓ Plenary Lectures
- ✓ Round Tables
- ✓ Satellite Symposia
- ✓ Oral Presentations
- ✓ Poster Presentations
- ✓ Video Presentations

## WORKSHOP TOPICS

- ✓ Hellenic Clinical Guidelines for the Diagnosis and Treatment of the Postmenopausal Osteoporosis
- ✓ Bone and Muscle Interactions
- ✓ Molecular Basis of Bone Biology
- ✓ Obesity, Slim Diets and the Musculoskeletal Health
- ✓ Predictive Factors and Prevention of Osteoporosis Fractures in Elderly
- ✓ Dementia and cognitive impairment and the prevention of Fractures
- ✓ Exercise and the Burden of Fractures
- ✓ Vertebral Fractures and the Quality of Life
- ✓ Glucocorticoid/Inflammation Induces Osteoporosis
- ✓ Hepatic Osteodystrophy
- ✓ Enhancement of Experimental Fracture Healing
- ✓ Phytoestrogens and Other Plant Extracts in the Treatment of Osteoporosis
- ✓ Osteogenesis Imperfecta
- ✓ Paget's Disease of Bone
- ✓ Pathophysiology of Osteoporosis
- ✓ Primary Hyperparathyroidism
- ✓ Statins and Bone Metabolism
- ✓ Anabolic Agents and the Mechanostat

## INVITED SPEAKERS

- ✓ Peter Burkhardt
- ✓ David Burr
- ✓ Jose Louis Ferretti
- ✓ Juerg A. Gasser
- ✓ Webster Jee
- ✓ David Hosking
- ✓ Brenton Noble
- ✓ Socrates Papapoulos
- ✓ Frank Rauch
- ✓ Robert Recker
- ✓ J.Y. Reginster
- ✓ Jorn Rittweger
- ✓ Rene Rizzoli
- ✓ Eckhardt Scoenau

# SCIENTIFIC PROGRAM

## Thursday, 28 September 2006

- |               |  |               |   |
|---------------|--|---------------|---|
| 08.30 - 09.30 | <b>ISMNI Session 1</b><br><b>Oral presentations:</b><br><b>Rheumatic Diseases</b><br><b>Chairs: D Ioakimidis -</b><br><b>A Eliopoulos</b>  | 10.00 - 11.00 | <b>ISMNI Session 2</b><br><b>Oral presentations:</b><br><b>Osteogenesis imperfecta</b><br><b>and other inherited bone</b><br><b>diseases</b><br><b>Chairs: E Schönau -</b><br><b>I Paspati</b>  |
| 08.30 - 08.45 | Bone markers in patients<br>with rheumatoid arthritis<br>and osteoarthritis<br><b>N Prodanovic, B Bozic,</b><br><b>I Zgragic</b>   | 10.00 - 10.15 | Estimation from early<br>changes of serum<br>procollagen type I<br>aminoterminal propeptide<br>of the lumbar BMD gain<br>after 2 years in children<br>suffering from severe<br>osteogenesis imperfecta<br><b>J-P Devogelaer,</b><br><b>G Depresseux</b> |
| 08.45 - 09.00 | Correlation of radial pQCT<br>with femoral DEXA<br>measurements in<br>rheumatoid arthritis patients<br><b>S Psarelis, S Gazi,</b><br><b>P Raptou, G Trovas,</b><br><b>I Dontas,</b><br><b>P Papagelopoulos,</b><br><b>GP Lyritis</b> | 10.15 - 10.30 | Bone in bone image after<br>treatment with intravenous<br>infusions of disodium<br>pamidronate in twin children<br>suffering from osteogenesis<br>imperfecta<br><b>J-P Devogelaer,</b><br><b>F Lecouvet, G Depresseux</b>                               |
| 09.00 - 09.15 | Therapeutic efficacy of<br>risedronate in men with<br>rheumatoid arthritis.<br>A 2-year control study<br><b>A Zacharioudaki,</b><br><b>D Drigiannakis, K Makris,</b><br><b>I Zeinaki, E Raptakis</b>                                 | 10.30 - 10.45 | Are there any changes in<br>bone mineral density in<br>patients with hyperlipidemia<br>treated with statins?<br><b>A Zacharioudaki,</b><br><b>D Drigiannakis, I Zeinaki,</b><br><b>E Raptakis</b>   |
| 09.15 - 09.30 | Higher prevalence of<br>decreased bone mass in<br>schizophrenic patients<br><b>J Menczel,</b><br><b>H-L U Heresco-Levy,</b><br><b>Y Gelfin, A Vass</b>   | 10.45 - 11.00 | Body composition in spinal<br>cord injured patients<br><b>Y Dionyssiotis, O Lazoura,</b><br><b>G Trovas, A Galanos,</b><br><b>P Papagelopoulos,</b><br><b>N Papaioannou,</b><br><b>P Papadaki, K Petropoulou,</b><br><b>GP Lyritis</b>                  |
| 09.30 - 10.00 | <b>Lecture</b><br><b>Chair: P Raptou</b><br>Densitometric analyses of<br>musculoskeletal interactions<br>in humans<br><b>JL Ferretti</b>   |               |   |

# SCIENTIFIC PROGRAM

11.00 - 11.30	<b>Lecture</b> <b>Chair: I Dontas</b> Minimodeling - a neglected bone biologic mechanism? <b>WSS Jee</b>	13.15 - 13.30	HCN channels regulate bone formation and resorption <i>in vitro</i> and <i>in vivo</i> <b>T Notomi, T Skerry</b>
11.30 - 12.00	<b>Coffee break</b>	13.30 - 17.00	<b>Lunch - Free time</b>
12.00 - 12.30	<b>Lecture</b> <b>Chair: N Tsakalakos</b> Coupled or uncoupled remodeling, is that the question? <b>JA Gasser</b>	17.00 - 18.00	<b>HELIOS Session 1</b> <b>Hellenic Clinical Guidelines on the Medical Treatment of Osteoporosis</b> <b>Chair: GP Lyritis</b> <b>S Tournis, E Papakitsou, A Tsagari</b>
12.30 - 13.30	<b>ISMNI Session 3</b> <b>Oral presentations:</b> <b>Molecular Basis of Bone Biology</b> <b>Chairs: CE Sekeris - P Moutsatsou</b>	19.00 - 20.30	<b>Satellite Symposium - Sponsored by MSD</b> <b>Alendronate plus Vitamin D: Benefits and advantages for the treatment of osteoporosis</b> <b>Chair: G Kapetanios</b>
12.30 - 12.45	Bone structure changes induced by mechanical and biological agents <b>F Marsik, I Marik, V Klika</b>	19.00 - 19.25	Vitamin D: the importance and its contribution to bone health <b>K Mavroudis</b>
12.45 - 13.00	Glucocorticoids regulate the mGluR5, EAAT1 and GS expression in MG-63 osteoblast-like human osteosarcoma cells <b>N Kalariti, E Papageorgiou, P Lembessis, M Koutsilieris</b>	19.25 - 19.50	Efficacy first <b>A Eliopoulos</b>
13.00 - 13.15	Differential distribution of glucocorticoid and estrogen receptor isoforms: Localization of GRbeta and ERalpha in nucleoli and GRalpha and ERbeta in the mitochondria of human osteosarcoma SAOS-2 and hepatocarcinoma HEPG2 cell lines <b>S Solakidi, A-M Psarra, CE Sekeris</b>	19.50 - 20.15	Alendronate plus vitamin D: The superiority versus all the other bisphosphonates <b>S Epstein</b>
		20.15 - 20.30	Discussion
		20.30 - 21.00	ISMNI General Assembly (first call)
		21.00 - 22.00	<b>Welcome reception</b>

# SCIENTIFIC PROGRAM

**Friday, 29 September 2006**

- |               |   |               |  |
|---------------|---|---------------|--|
| 08.45 - 10.15 | <b>HELIOS Session 2</b><br><b>Obesity, slim diets and musculoskeletal health</b><br><b>Chairs: P Burckhardt - C Yiannakopoulos</b>                                  | 10.30 - 11.00 | <b>Lecture</b><br><b>Chair: G Trovas</b><br>Mechanography - a new device for the assessment of muscle function in pediatrics<br><b>E Schönau</b>                                   |
| 08.45 - 09.05 | Role of leptin in energy-deprivation states: normal human physiology and clinical implications for hypothalamic amenorrhoea and anorexia nervosa<br><b>K Tsigos</b> | 11.00 - 11.30 | <b>Coffee break</b>  |
| 09.05 - 09.25 | Nutritional status and dietary patterns in disabled people<br><b>A Tsagari</b>  | 11.30 - 12.00 | <b>Lecture</b><br><b>Chair: T Karachalios</b><br>Combined treatments for osteoporosis or Fighting osteoporosis on two fronts<br><b>R Rizzoli</b>                                   |
| 09.25- 09.45  | Changes in biochemical bone markers and BMD following a twelve - month dietary intervention program<br><b>Y Manios</b>  | 12.00 - 12.30 | <b>Lecture - Sponsored by Roche/GSK</b><br><b>Chair: E Papakitsou</b><br>Ibandronate in preclinical development, effects on bone mass, architecture and quality.<br><b>F Bauss</b> |
| 09.45 - 10.00 | Discussion  |               |  |
| 10.00 - 10.30 | <b>ISMNI Session 4</b><br><b>Oral presentations: Bone and muscle interactions</b><br><b>Chairs: T Karachalios - G Trovas</b>  | 12.30 - 14.00 | <b>HELIOS Session 3</b><br><b>Vertebral fractures and quality of life</b><br><b>Chairs: G Kapetanos - C Komisopoulos</b>   |
| 10.00 - 10.15 | Reposition of bone masses in the lateral direction at diaphyses as the biochemical response to excessive stress/strain states<br><b>M Petrtyl, J Danesova</b>       | 12.30 - 12.50 | Epidemiology of vertebral fractures: implications for vertebral augmentation<br><b>M Potoupnis</b>   |
| 10.15 - 10.30 | Association between bone mineral density and muscle mass in postmenopausal women<br><b>D Hadjidakis, A Mylonakis, I Androulakis, A Papaefstathiou, SA Raptis</b>    | 12.50 - 13.10 | Relationship of health related quality of life to prevalent and new or worsening back pain in postmenopausal women with osteoporosis<br><b>E Bakas</b>                             |



# SCIENTIFIC PROGRAM

13.10 - 13.30	Kyphoplasty in osteoporotic spine fractures: a quality of life assessment <b>P Katonis</b>	19.30 - 19.45	Quality of bone density - Acceleration of bone thickening <b>J Danesova, M Petrtyl</b>
13.30 - 14.00	Discussion	19.45 - 20.00	Male mice heterozygous for pH-Sensing Receptor OGR1 show a mild bone phenotype at skeletal maturity <b>J Gasser</b>
<b>14.00 - 18.00</b>	<b>Lunch - Free time</b>		
16.00 - 17.00	HELIOS General Assembly (first call)		
<b>17.00 - 18.00</b>	<b>ISMNI General Assembly (final call)</b>	<b>20.00 - 21.30</b>	<b>Satellite Symposium - Sponsored by Nycomed Chair: GP Lyritis</b>
<b>18.00 - 19.00</b>	<b>Lectures Chair: WSS Jee</b>	20.00 - 20.30	Evaluation of risk factors for fracture - the high risk osteoporotic patient <b>T Karachalios</b>
18.00 - 18.30	Basic muscle function with a special emphasis on the effects of ageing <b>H Degens</b>	20.30 - 21.00	How to retain and restore bone strength? <b>G Kapetanos</b>
18.30 - 19.00	Can exercise prevent osteoporosis? <b>J Rittweger</b>	21.00 - 21.30	A therapeutic approach to high risk for fracture osteoporotic patients with PTH <b>R Rizzoli</b>
<b>19.00 - 20.00</b>	<b>ISMNI Session 5 Exercise and musculoskeletal interactions Chairs: J Rittweger - B Noble</b>	<b>21.30 - 23.00</b>	<b>Opening Ceremony</b>
19.00 - 19.15	Kinetic parameters in pre - and postmenopausal women <b>Y Dionyssiotis, A Galanos, Y Katsanevakis, GP Lyritis</b>		
19.15 - 19.30	Markers of bone metabolism during endurance cycling exercise in male athletes: Acute effects of an oral calcium load <b>S Guillemant, G Peres, J Guillemant</b>		

# SCIENTIFIC PROGRAM

**Saturday, 30 September 2006**

08.30 - 09.30	<b>ISMNI Session 6</b> <b>Oral Presentations:</b> <b>Osteoporosis.</b> <b>Chairs: C Cosmidis -</b> <b>N Tsakalagos</b>	10:00 - 10:30	The cellular and molecular basis of targeted remodelling in bone <b>B Noble</b>
08.30 - 08.45	Safety and quality of life after 18 months of teriparatide treatment in osteoporotic patients with vertebral fractures <b>E Raptakis, V Lukas, E Kataxaki, K Skutaridis, T Manos, A Zacharioudaki</b>	10.30 - 11.00	<b>Coffee Break</b>
08.45 - 09.00	The prevalence of osteoporosis in the population of Tirana, Albania <b>D Ruci, A Priftanji, A Tafaj, V Ruci, D Tole</b>	11.00 - 12.00	<b>HELIOS Session 4</b> <b>Glucocorticoid / inflammation induced osteoporosis</b> <b>Chair: D Karras</b>
09.00 - 09.15	Local anaesthesia balloon kyphoplasty in the treatment of osteoporotic vertebral fractures <b>V Lykomitros, K Anagnostidis, M Potoupnis, G Kapetanios</b>	11.00 - 11.20	Pathogenesis of bone disease in chronic inflammation <b>A Eliopoulos</b>
09.15 - 09.30	Oral salmon calcitonin reduces the Lequesne's functional index and decreases the urinary and serum levels of biomarkers of joint metabolism in knee osteoarthritis <b>DH Manicourt, M Azria, L Mindeholm, J-P Devogelaer</b>	11.20 - 11.40	Glucocorticoid-induced osteoporosis <b>S Gazi</b>
09.30 - 10:30	<b>Lectures</b> <b>Chair: JA Gasser</b>	11.40 - 12.00	Effect of anti-rheumatic drugs on bone metabolism <b>E Kaskani</b>
09:30 - 10:00	Biomechanical and molecular regulation of bone remodeling <b>A Robling</b>	12.00 - 13.30	<b>Satellite Symposium - Sponsored by Novartis</b> <b>New horizons in the treatment of bone disorders</b> <b>Chair: GP Lyritys</b>
		12.00 - 12.25	Osteoporosis, where are we heading to? <b>P Burckhardt</b>
		12.25 - 12.50	Calcitonin in the treatment of osteoporosis <b>GP Lyritys</b>
		12.50 - 13.15	Zoledronic acid 5 mg: What is unique about it <b>J Gasser</b>

# SCIENTIFIC PROGRAM

13.15 - 13.30	Discussion	19.45 - 20.00	Discussion
13.30 - 16.30	<b>Lunch - Free Time</b>	20.00 - 21.30	<b>Satellite Symposium - Sponsored by Servier Chair: G Kapetanos</b>
15.30 - 16.30	<b>HELIOS General Assembly (final call)</b>	20.00 - 20.25	Improvement in bone strength parameters: the role of strontium ranelate <b>S Tournis</b>
17.00 - 18.00	<b>HELIOS Session 5 Enhancement of fracture healing Chairs: P Papagelopoulos - E Papakitsou</b>	20.25 - 20.50	Management of postmenopausal osteoporosis in 2 fields: the role of strontium ranelate <b>D Karras</b>
17.00 - 17.30	Current trends in the enhancement of biomaterial osteointegration: biophysical stimulation <b>G Babis</b>	20.50 - 21.15	Current treatment of postmenopausal osteoporosis: the position of strontium ranelate <b>GP Lyritis</b>
17.30 - 18.00	Enhancement of fracture- healing in clinical practice <b>T Karachalios</b>	21.15 - 21.30	Discussion
18.00 - 18.30	<b>Coffee Break</b>	22.00 - 24.00	<b>Farewell Dinner</b>
18.30 - 20.00	<b>Satellite Symposium - Sponsored by Eli-Lilly An integral confronting of Osteoporosis Chair: GP Lyritis</b>		
18.30 - 18.55	Effectiveness of Raloxiphene in osteopenia and osteoporosis: early response and duration of its benefit <b>A Katsalira</b>		
18.55 - 19.20	Teriparatide: a unique action on bone strength <b>G Trovas</b>		
19.20 - 19.45	Clinical use of Teriparatide: long term clinical experience <b>D Agnusdei</b>		

# SCIENTIFIC PROGRAM

**Sunday, 1 October 2006**

- 09.30 - 10.30 Lectures**  
**Chair: GP Lyritis**
- 09:30 - 10:00 Tomographic assessment of muscle-bone interactions in normal humans  
**JL Ferretti**
- 10:00 - 10:30 Physical fitness and nutrition as determinants of hip fracture in advanced age: the SEMOF study  
**P Burckhardt**
- 10:30 - 10:45 Discussion
- 10:45 - 11:15 Coffee break**
- 11.15 - 12.25 HELIOS Session 6 Falls**  
**Chair: N Papaioannou**
- 11.15 - 11.35 Preventing osteoporosis-related fractures  
**I Dantas**
- 11.35 - 11.55 Rehabilitation after falls and fractures  
**Y Dionysiotis**
- 11.55 - 12.25 PROFANE. A European team work to promote the prevention of falls  
**D Skelton**
- 12.25 - 12.55 Lecture**  
**Chair: A Katsalira**
- Mortality and adverse health events in newly admitted nursing home residents  
**D Hadjidakis**
- 13.00 - 13.30 Closing Sessions:**  
**General Discussion**  
Proposals and ideas for the 2008's meeting -  
Conclusions

# REGISTRATIONS

Please fill in the Registration Form in English capital letters and tick where appropriate.  
For any questions, please contact:

**Mastermind S.A.**  
7 Astronafton Str., 151 25 Maroussi  
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fax: +30 210 6827409  
e-mail: nkarekla@streamline.gr

## ON SITE REGISTRATIONS

From **Thursday, September 28<sup>th</sup>, 2006** onwards registrations will be accepted only at the Congress Secretariat in the Congress Venue.

<b>Thursday, September 28<sup>th</sup>, 2006</b>	<b>08:00-20:00</b>
<b>Friday, September 29<sup>th</sup>, 2006</b>	<b>08:00-20:00</b>
<b>Saturday, September 30<sup>th</sup>, 2006</b>	<b>08:00-20:00</b>
<b>Sunday, October 01<sup>st</sup>, 2006</b>	<b>08:30-13:30</b>

## REGISTRATION FEES

Categories	Pre-Registration Until August 31, 2006	From September 01, 2006 On Site
Participants	€ 300	€ 350
Trainees	€ 150	€ 200
Students	Free of Charge	Free of Charge
Other Health professionals	€ 150	€ 200

### What is included in the Registration Fee:

- ✓ Attendance to all Scientific Sessions
- ✓ Access to the Exhibition
- ✓ Opening Ceremony / Welcome reception
- ✓ Coffee breaks throughout the Congress
- ✓ Congress material
- ✓ Certificate of attendance

### Method of Payment

Payment should be made in Euros, without charges for the beneficiary as follows:

**By bank transfer** to the order of Mastermind S.A.  
Piraeus Bank  
Iban No: GR43 0172 0130 0050 1301 4234 155  
BIC: PIRBGRAA

If payment is made by bank transfer, please send a copy of the bank transfer voucher, by fax to 0030 210 6827409. Please mention your name and the congress name on the bank transfer.

### Cancellation Policy

Cancellation of registration should be in writing to the Congress Registration Department Mastermind S.A. Services. For every written cancellation received before August 1st, 2006, the full amount received, less 30% handling fee, will be refunded. No refund thereafter. All refunds will be made within two months after the end of the Congress. Bank charges will be deducted.

# GENERAL INFORMATION

## Congress Venue

AKS Porto Heli Hotel & Convention Centre  
Porto Heli, Argolida, Greece  
tel: +30 2754-053400,  
fax:+30 2754-051549  
www.akshotels.com

## Location & Distances:

**THE AKS PORTO HELI HOTEL** is located in one of the most picturesque regions of eastern Peloponnese just 185 km from Athens. Situated just across the beautiful island of Spetses; the hotel overlooks the natural bay of Porto Heli. One may reach the hotel by car through the national highway to Corinth and Epidaurus or by sea with Hydrofoil or Catamaran boats from the port of Piraeus, 2 ½ hours away from Athens.

## Official Language

English will be the official language of the Congress. There will be translation to and from Greek.

## Oral Presentations

Computer projection facilities (power point presentation) will be available in the meeting rooms. Presenting authors will receive all technical information and instructions regarding their presentation prior to the Congress in order to ensure the smooth running of sessions.

## Name Badge

All delegates and accompanying persons will receive a name badge upon registration. For identification purposes badges must be worn for all Congress activities. Admission to the Congress will not be allowed without badge identification.

## Exhibition

A large exhibition will run alongside the Congress. All exhibits will be integrated with the main Congress areas. For details on Exhibition - Sponsorship Opportunities please contact:

## Mastermind S.A.

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# SOCIAL EVENTS

## Opening Ceremony

The Opening Ceremony will be Ballroom I-III at AKS Porto Heli Hotel, on Friday, September 29<sup>th</sup>, 2006, at 19:30. The Opening Ceremony will be followed by a welcome reception.

**Free for all registered participants.**

## Farewell Dinner - Greek Night

Greeks are renowned for their hospitality and ability to enjoy their traditional music and entertainment even in the most simple way. A perfect way for you to become part of this style of life is to join our Greek night, on Saturday, September 30<sup>th</sup>, 2006, offering of good Greek food, local wine and live folklore dancers. Please indicate your participation and number of persons on the Registration Form.

**Cost per person: € 70**

## ACTIVITIES - TOURS

### Excursions:

#### Half Day Cruise to Spetses: by boat

With its beautiful vegetation and aromatic pine forest, Spetses offers the visitor a vast array of grand houses, the most imposing building being that of the "Anargyros College". This beautiful island reached its fame in 1821 in the Greek war for independence when the local heroine Bouboulina



lead its fleet. Inviting taverns and cafes, courtyards and streets decorated with pebbled mosaics and horse drawn carriages make

a unique setting.  
**Cost: € 40 per person**  
(minimum number 25 participants)

#### Full Day Epidauros, Mycenae, Nafplion: by coach



Epidauros is the shrine of the Greek god of Medicine Asclepius, the son of Apollo. One may still see at Epidauros the foundations of the

fifth century B.C. temple of Asclepius. Most tourists however come to Epidauros to see the best preserved of all the Greek theatres. The spectators can enjoy performances of ancient drama staged here each year during July and August. Nafplion is regarded by many as the loveliest town in all Peloponnese. The tourist Nafplion area along the harbour is lined with quayside - cafes.

After the liberation war (1821-1830) Nafplion was briefly the capital of the independent Greece. The archaeological museum itself occupies a 17<sup>th</sup> century Venetian naval depot on Syntagma square.

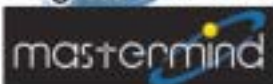
Near this place are the headquarters of the Peloponnesian Folklore Society and Museum.

**Cost: € 70 per person, including lunch without beverages** (minimum number 25 participants)





Congress Secretariat



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