

EVENTS Project Conference

**“Sport & Physical Activity for Mental Health:
From Theory to Practice”**

October, 23rd & 24th, 2018

Auditorium of the Ministry of Digital Policy, Telecommunications and Media, Athens

DRAFT AGENDA

Conference Day 1 <i>October, 23rd</i>	
17.00 -17.30	REGISTRATION
17.30 – 17.50	WELCOME SPEECHES KSDEO “EDRA”: Maria Kerasoglou, President of the Board ATTICA REGION: Ermioni Kyprianidou, Deputy Head of the Region of Attica MUNICIPALITY OF GALATSI: Georgios Markopoulos, Mayor MINISTRY OF HEALTH: (tbc) MINISTRY OF CULTURE & SPORT GENERAL SECRETARIAT OF SPORT: (tbc)
17.50 – 18.05	PRESENTATION OF KSDEO “EDRA”: Vision and Mission Alexandros Oikonomou, Psychologist, Msc. on Mental Health, Scientific Director of EDRA
18.05-18.20	OPENING SPEECH : Connection of Sport and Physical Activities with Mental Health - From theory to practice Nicos Andreopoulos, EVENTS Project Manager
18.20-18.50	REPRESENTATION OF THE EUROPEAN COMMISSION IN GREECE : ERASMUS + Programme (tbc)
18.50-19.05	EUROPEAN PARLIAMENT: Video message of the Vice President, Dimitris Papadimoulis Constantinos Tsoutsoplides, Press Officer at European Parliament Liaison Office in Greece
19.05-19.20	WHO EUROPE (tbc)
19.20-19.30	CLOSING OF THE 1ST DAY



SOCIAL COOPERATIVE
ACTIVITIES FOR VULNERABLE GROUPS



	Conference Day 2 <i>October, 24th</i>
09.30 - 10.00	REGISTRATION
10.00 -10.15	“EVENTS PROJECT” PRESENTATION by Project Team Members Eleonora Markou, Psychologist / Sport scientist Pantelis Sarakiniotis, Social Scientist
10.15 - 10.45	DOCUMENTARY FILM ON THE 1st European Sport and Physical Exercise Event for Mental Health Yorgos Gkikapeppas, Director
10.45 – 11.00	PRESENTATION OF THE HELLENIC FOOTBALL FEDERATION Representative (tbc)
11.00 -11.30	COFFEE BREAK
11.30 -11.45	NEXT STEP FORWARD: “ADVANCED SKILLS FOR ACTIVE LIVING – ASAL Project” Nicos Andreopoulos, Head of EDRA’s Social Planning and Projects Dept.
11.45 - 12.10	SPORT AND PHYSICAL ACTIVITIES FOR MENTAL HEALTH: PERSONAL TESTIMONIES “Mental health and physical activity: swimming in unchartered waters” Chrysostomos Giannoulakis, Dr. of Sport Management
12.10 -13.30	PRESENTATIONS: RESEARCH AND PRACTICES ON PHYSICAL ACTIVITY FOR MENTAL HEALTH – SESSION 1 <ul style="list-style-type: none"> - “Physical activity and mental health : Review of literature”, Komanthi Kouloutbani, Doctorate Student of University of Athens / SEFAA - “Medication free treatment. Implementing Physical activity and art therapy in treatment. Experiences and possibilities”, Marianne Viberg, Physiotherapist, Medicine-free Clinique, Asgard University Hospital of North Norway
13.30- 14.30	LUNCH BREAK
14.30 - 16:00	PRESENTATIONS: RESEARCH AND PRACTICES ON PHYSICAL ACTIVITY FOR MENTAL HEALTH – SESSION 2 <ul style="list-style-type: none"> - “Exercise as antidepressant treatment: Progress, challenges and prospects”, Panteleimon Ekkekakis, Professor, Department of Kinesiology, Iowa State University - “Exercise for clinical depression. Towards exercise on prescription in Greece”, Ioannis Morres, Post Doctorate Researcher, University of Thessalia
16.00-16.30	COFFEE BREAK
16.30- 18.00	ROUND TABLE : “Preparing the ground for policy guidelines on Physical activity and mental health” Facilitator: Antonio Silva Mentos, Trustee of the Board of the “Sport & Citizenship” EU Think Tank, European Commission’s former Director of Youth and Sports Participants: <ul style="list-style-type: none"> - Mental Health Europe representative - GAMIAN representative



ΑΡΩΓΗ & ΣΤΗΡΙΞΗ
ΥΠΟΥΡΓΕΙΟ ΥΓΕΙΑΣ



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΥΠΟΥΡΓΕΙΟ ΠΟΛΙΤΙΣΜΟΥ και ΑΘΛΗΤΙΣΜΟΥ
ΓΕΝΙΚΗ ΓΡΑΜΜΑΤΕΙΑ ΑΘΛΗΤΙΣΜΟΥ



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΠΕΡΙΦΕΡΕΙΑ ΑΤΤΙΚΗΣ



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
Υπουργείο Ψηφιακής Πολιτικής
Τηλεπικοινωνιών και Ενημέρωσης



Co-funded by the
Erasmus+ Programme
of the European Union





SOCIAL COOPERATIVE
ACTIVITIES FOR VULNERABLE GROUPS



18.00-18.15

CONCLUSIONS

Scientific Committee

Head:

Panteleimon Ekkekakis, Professor at the Kinesiology Department, Iowa State University

Members:

Antonio Silva – Mentos, Trustee of the Board of the “Sport & Citizenship”, EU Think Tank, European Commission’s former Director of Youth and Sports

Kostantinos Karteroliotis, Professor UOA / SEFAA

Spyros Kleisas, Psychiatrist

Alexandros Oikonomou, Psychologist, Msc on Mental Health, Scientific Director of EDRA

Parallel event: Workshop

“Learn to critically appraise Randomized Controlled Trials and Meta-Analyses: Focus on studies examining the effects of exercise on depression”

Panteleimon Ekkekakis, Ph.D., FACSM

Tuesday 23 October, 2018,

14.00 – 17.00

Hotel [Athenaeum Palace](#)

Athens/Greece

Registration is open until 19/10/2018 at el.zacharopoulou@edra-coop.gr



ΑΡΩΓΗ & ΣΤΗΡΙΞΗ
ΥΠΟΥΡΓΕΙΟ ΥΓΕΙΑΣ



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΥΠΟΥΡΓΕΙΟ ΠΟΛΙΤΙΣΜΟΥ και ΑΘΛΗΤΙΣΜΟΥ
ΓΕΝΙΚΗ ΓΡΑΜΜΑΤΕΙΑ ΑΘΛΗΤΙΣΜΟΥ



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΠΕΡΙΦΕΡΕΙΑ ΑΤΤΙΚΗΣ



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
Υπουργείο Ψηφιακής Πολιτικής
Τηλεπικοινωνιών και Ενημέρωσης



Co-funded by the
Erasmus+ Programme
of the European Union



EDRA Social Cooperative Activities for Vulnerable Groups, Aisxilou 5, Peristeri 12134

Phone number: +30 210 5913826 | el.zacharopoulou@edra-coop.gr