

Who We Are

Back on Track is led by a multidisciplinary team of healthcare and wellness professionals dedicated to improving the lives of individuals *with Type 2 Diabetes*.

Our Team



Petros Katsogiannos

MD, PhD – Senior Consultant Endocrinologist & Diabetologist
Petros brings extensive experience in treating diabetes and metabolic conditions. He combines the latest research with personalized care plans to help optimize metabolic health. His focus is always on the individual, ensuring treatments are tailored to each participant's specific needs,



Lefteris Saftis

Psychologist - Bsc. Psychology, Msc. Psychology, Pgd. Integrative Psychotherapy, Freud Centre for Psychoanalysis
With a deep understanding of the human psyche, Lefteris helps participants explore their emotional landscapes and supports both personal growth and emotional healing. His evidence-based practices provide both individual and group therapy sessions, fostering mental and emotional exploration.



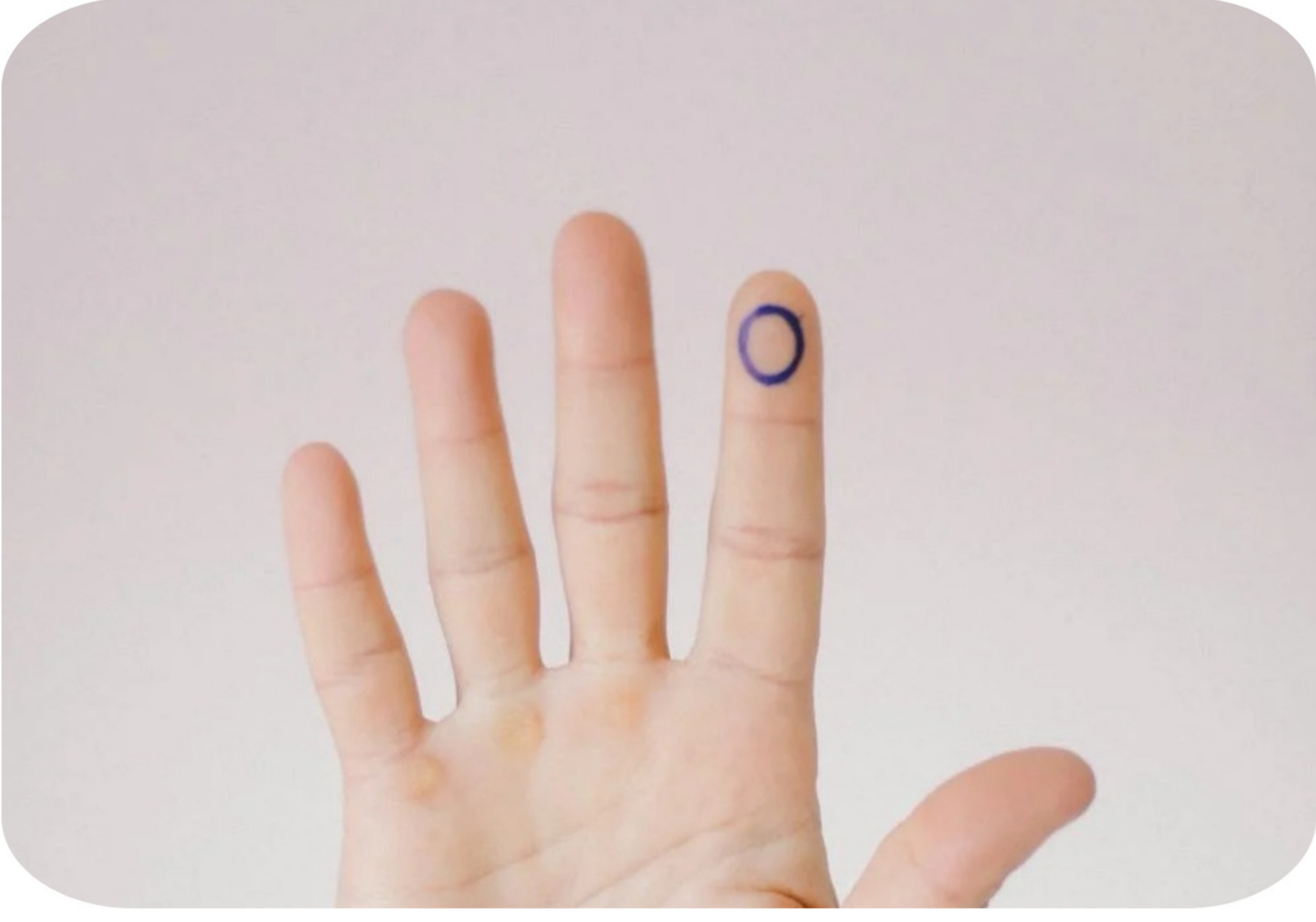
Theodosios Tzanos

BEng Mechanical Engineering, Msc Management - Community Builder
With over 15 years of experience in community building, Theodosios empowers individuals and fosters sustainable, active communities. He is also deeply engaged in mindfulness practices, particularly Vipassana meditation, which he incorporates into his approach to wellness and personal growth.



Our Expertise

Each team member brings specialized knowledge in their field, ensuring that every participant receives comprehensive care. *Our team includes an endocrinologist, diabetes nurse, psychologist, nutritionist, and community-building expert, all working together to create a personalized, impactful experience.*



Our Philosophy

Physical, mental and emotional well-being are interconnected. Our program is built on the pillars of medical science, psychological support, and sustainable lifestyle changes, aiming to empower individuals to manage their health proactively.



Curated Interdisciplinary Approach

Our retreat offers an interdisciplinary approach for individuals with Type 2 Diabetes (T2D). Combining personalized medical consultations, psychological support, and lifestyle interventions, this 7-day program is set in a beautiful, tranquil environment.