

environment where individuals feel supported and cared for and can explore their interests and passions.

# Diabetes Wellness Retreat

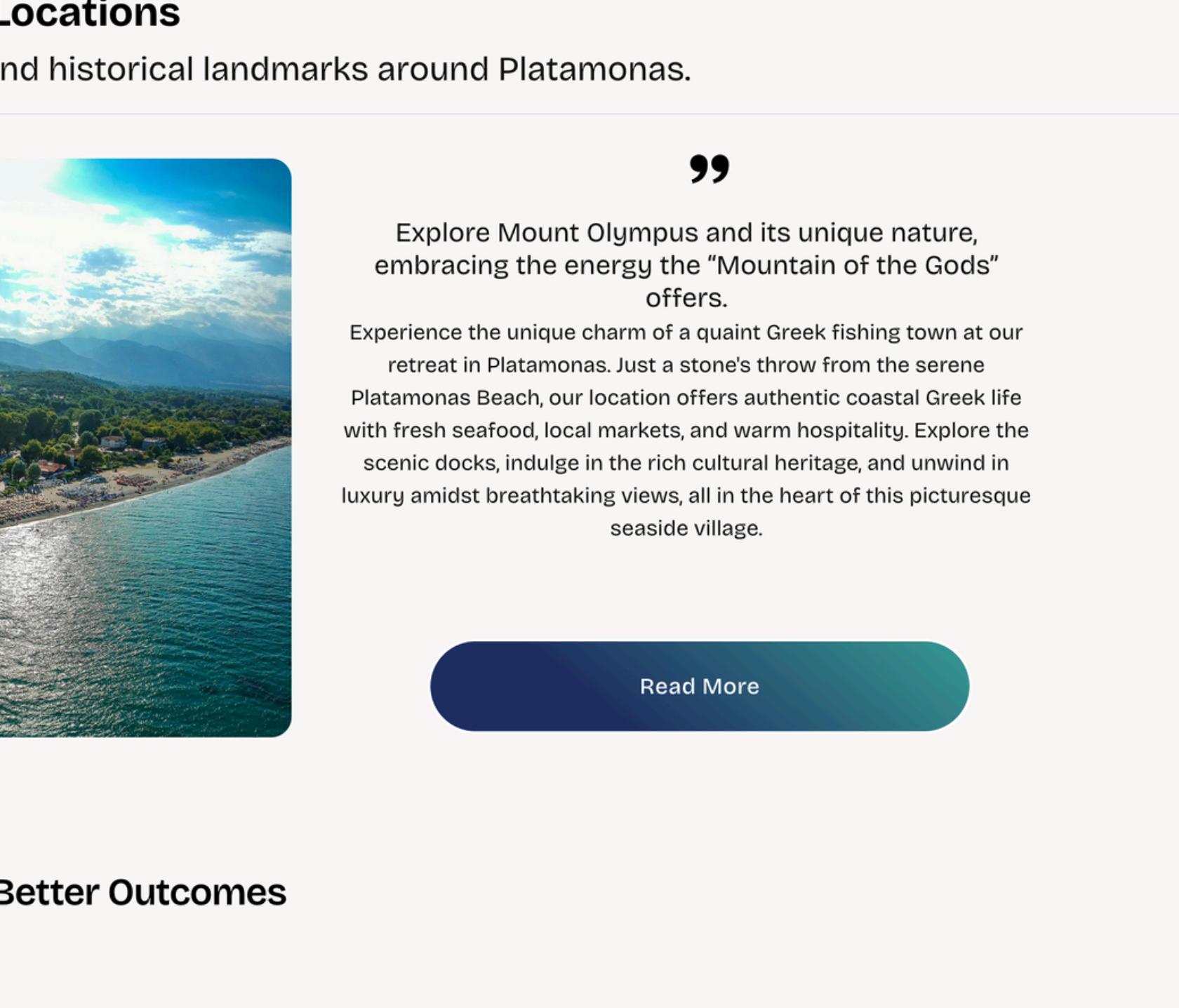
*November 2 - 9, 2025*

A wide-angle photograph of a forested hillside. The foreground is filled with dense green trees and shrubs. In the background, a steep hill rises, covered in a mix of green and brown vegetation, suggesting a transition in the forest or perhaps some seasonal change. The sky above is a clear, vibrant blue, providing a sharp contrast to the earthy tones of the landscape below.

## **Platamonas and Surround**

Explore the stunning natural beauty of our region.

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**Our approach allows us to come closer to our participants.**

By creating an environment where participants join a community, we manage to strip away the distant medical model of care.

We are guided by evidence and research-based practices, yet we remain keenly aware that each participant is unique, ensuring that our approach is not reduced to another mechanical process of care. This philosophy is supported by numerous recent studies on the benefits of a multidisciplinary approach, which highlight the holistic impacts of integrated care. It is well documented that combining medical treatment, nutritional counseling, psychological support, and physical activity significantly enhances patient outcomes, emphasizing personalized, comprehensive health management.

# What We Offer

Our program integrates expert medical care, psychological support, and a safe setting where participants can feel safe and supported.



# Medical Consultations

# Psychological Support

Participants undergo assessments and receive personalized guidance from a registered dietitian.

personalized guidance from our endocrinologist and diabetes nurse.

of group psychotherapeutic interventions.

including driving planning, fitness routines, and stress management techniques.

A photograph showing the tops of several green evergreen trees against a bright sky. The trees are densely packed and reach towards the top of the frame.



Further enriching the experience, our retreat extends beyond the confines of our facilities.

A photograph of a large evergreen tree, likely a Douglas fir, with a thick brown trunk and many branches covered in dark green needles. The tree is set against a bright, slightly overexposed sky. In the background, other trees and foliage are visible, though out of focus.

Participants will have the opportunity to engage with the local natural environment through activities such as hiking, exploring both green and blue spaces, foraging, cooking in nature and many more.

Participants will visit quaint, picturesque towns, immerse themselves in village life, and learn firsthand about the health practices of local communities. This experiential approach offers a profound understanding of what contributes to health and well-being in the

A scenic view of a lake surrounded by lush green trees and foliage. In the foreground, a tree trunk on the left has three small, hand-drawn eyes and a small smile drawn on its bark. The water of the lake reflects the surrounding environment.

A photograph of a dry, brown grassy hillside under a bright sun, symbolizing transformation or growth.

This photograph shows a close-up view of dry, brown grass or straw covering the ground. The texture is uneven, with small clumps and individual blades visible. There are a few small, dark spots, possibly insects or debris, scattered across the surface. The lighting is natural, highlighting the variations in the brown tones.

# Special Features

Discover the unique features that make our retreat an unforgettable experience. Indulge in comfort and serenity in our exclusive retreat, tailored for a truly rejuvenating experience.

A horizontal collage of four photographs. From left to right: 1. A close-up of a ceiling featuring three recessed circular lights and a curved, light-colored trim. 2. A wide-angle shot of a mountain range shrouded in thick, white mist or low-hanging clouds. 3. The interior of a cheese shop. In the foreground, there are various jars of jam or preserves on a counter. Behind them, shelves are filled with wheels of cheese and some packaged meat products. A window looks out onto a brick building. 4. A sunset or sunrise sky with warm orange and yellow hues blending into cooler blues and purples at the top.

A collage of four photographs. The first shows a man in a suit speaking at a podium. The second is a landscape with a Greek flag flying from a rocky cliff. The third is a display of local products like bread, oils, and jams. The fourth is a scenic view of a valley with a lake in the distance.