



Health Literacy

What is the role of nutrition in disease prevention and treatment? What is the importance of sports in body well-being and mindfulness cultivation? What are the techniques that can help manage stress?

During the school year 2019-2020, students from 5 Junior High Schools and High Schools in Greece connected online with experienced doctors, nutritionists, and psychologists, converse with them, and get answers to their questions, in topics regarding disease prevention, teen nutrition, sports and athletics, and stress management.

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