

SCIENCE

GOOD PRACTICE

AGE

FUTURE

ROMA EXPO SALUS AND NUTRITION

A JOURNEY THROUGH HEALTHCARE FROM FOUR PERSPECTIVES

NOVEMBER 8-11 2018
FIERA DI ROMA

DEDICATED TO THOSE
OPERATING IN THE FIELD

SCIENCE AND RESEARCH

New perspectives in science and medicine contributing to a wider distribution of knowledge.

BEHAVIORS TO EMULATE AND
TOPICS FOR DISCUSSION

GOOD PRACTICE

The world of health provides many examples of excellence on both the national and international scene.

FUTURE DISCOVERY
THE INNOVATION AHEAD

FUTURE

The rapid changes seen in climate and demographics, as well as the appearance of new diseases, require an innovative approach to medicine aimed specifically at these critical issues.

THE DIFFERENT PHASES
OF A PERSON'S LIFETIME

AGE

From the first heartbeat to the last, a person's longevity is linked to quality of health.

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MEDITERRANEAN DIET ROUNDTABLE

GOES TO ROME

CAN HEALTH BE CONTAGIOUS?

NOVEMBER 8-11 2018

FIERA DI ROMA

ROMA
EXPO
SALUS
AND NUTRITION

The **Mediterranean Diet Roundtable** is going to Rome and will be featured at the first edition of ExpoSalus and Nutrition, to be held at Fiera di Roma, November 8-11, 2018. This exciting opportunity will bring the MDR core values back to Europe, where it all began!

ExpoSalus focuses on the health of the citizen-patient, with a holistic approach to different aspects of health and nutrition: **SCIENCE** and **RESEARCH**, **GOOD PRACTICE**, **AGE** and **FUTURE**. **Nutrition**, of course, is at the core of the quest for well-being. After all, we are what we eat.

The MDR sessions, to be held in the Pad. 10 area on Friday, November 9, will provide a valuable opportunity to learn, connect and be inspired in the fields of Culinary Medicine, Lifestyle Medicine, and the best practices of the applied Mediterranean Diet in America and Europe. Nutrition, along with science, research and innovation are key elements in establishing solid care and illness prevention of the individual in society. The Mediterranean Diet, a UNESCO intangible cultural heritage value, has been the most documented and creditable pattern of eating ever investigated, eliciting optimal results in terms of healthy, delicious and sustainable diet practices from various countries around the Mediterranean basin.

Don't miss the first **ExpoSalus** and the first **MDR – Europe edition!** For additional information and opportunities, please visit www.MDRproject.com.



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