



Για τον εορτασμό της Παγκόσμιας Ημέρας
GLOBAL WELLNESS DAY
SPECIAL CELEBRATION

WELLNESS WEEK
"One Day Can Change Your Life"

A green rectangular graphic with a pattern of light green circles. The text is white and reads: "The 7 Step Manifesto" in a cursive font, followed by a list of seven items: "Walk one hour", "Drink more water", "Don't use plastic bottles", "Eat organic, local produce", "Do a good deed", "Eat a family dinner", and "Go to bed at 10p.m.". In the bottom right corner, there is a pink circular logo with the text "GLOBAL WELLNESS DAY" and "I SAY YES!" in white.

Be Well... Stay Well @ GrecoTel



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SPECIAL CELEBRATION

Daytime

- Sunrise Yoga by the beach
- Start Your Day ... Well @ Grecotel
Farmer's Market Wellness breakfast
for promoting "Eat local produce"
Please see attached of Detox choices for breakfast buffet

Be Well... Stay Well @ Grecotel

Daytime activities for adults :

- *Power Walk to the AgrecoFarms*
for promoting "Walk one hour"
- Donate to "Archelon" society for the protection of the endangered sea turtles
Caretta-caretta
for promoting "Do a good deed"

Wellness Grecoland activities for children :

- *Healthy cooking lessons based on the Healthy Cretan Diet, in form of a game*
<https://www.youtube.com/watch?v=EK0wYOr-e4c>
- *Junior El Grecos: children's exhibition with global wellness theme paintings*
- *Beach side walk to collect stones*

Wellness activities for families

- Complimentary healthy cooking lesson
- Complimentary Greek Super Snacks (midday, central location for adults, Grecoland for children or even better @ the Tasty Corner)
Κουλούρι Θεσσαλονίκης, παστέλι, βιολογικό γιαούρτι AgrecoFarms, ντάκος, βιολογικές σταφίδες AgrecoFarms κλπ.

DETOX BREAKFAST BUFFET CHOICES

Παραδοσιακά Βότανα της Κρητικής Γης

Φρεσκοστημένος χυμός γκρέιπφρουτ

Kale Ginger Detox Smoothie

Detox Green Smoothie Monster

Αγγούρι, πράσινο μήλο, σπανάκι, χυμός απο λάιμ

Κρητικός Ντάκος

Το πιο αντιπροσωπευτικό πιάτο της περίφημης "Κρητικής Δίαιτας"

Τραχανά παξιμαδάκια από κριθάρι και σίκαλη με τριμμένη φρέσκια ντομάτα,
ΧΩΡΙΣ ΦΕΤΑ , ρίγανη Ψηλορείτη και βιολογικό ελαιόλαδο AgrecoFarms

Χορτοπιτάκια

με άγρια μυρωδάτα χόρτα της Κρητικής Γης

Μαραθόπιτες

Detox Bruschetta

Φέτα ψωμιού gluten free, ταχίνι, αβοκάντο, λεμόνι

Ομελέτα με ασπράδι με αυγά από κότες ελευθέρως βοσκής
και άγριες, βιολογικές αγκινάρες AgrecoFarms
ή σπαράγγια

Nut- free , Grain-Free , Gluten-Free Muesli

Φρέσκια φρουτοσαλάτα

ρόδι, ακτινίδιο, γκρέιπφρουτ κόκκινο, blueberries

*Για τις παραπάνω επιλογές χρησιμοποιούμε σήμανση
"Detox Breakfast"*

Evening

- Complimentary healthy food choices for children in a/c restaurants (dinner), who eat together with their parents
for promoting "Eat a family dinner"
- Wellness Symposium – main restaurant (HB dinner)
for promoting "Global Wellness Day celebration"
use the Symposium poster
- AgrecoFarms organic set menu (a/c restaurant)
"From our AgrecoFarms to your table"
For promoting "Eat organic local produce"
Same Date and Time – Same menu- 7 Exclusive Grecotel Resorts
- No late evening entertainment
for promoting "Go to bed at 22.00"
- Complimentary **glass** bottle of water in all rooms
for promoting "Drink more water" & "Avoid use of plastic bottles"
Use complimentary card

During the whole Wellness Week

Use the Wellness Manifesto poster throughout the week

Evening – a/c restaurants

- Healthy Food Choices available @ a/c restaurants
*Sakis Tzanetos will coordinate the rest of the Chefs who participated at the Healthy Cooking Seminar
And he will propose Healthy Food Choices for all participating hotels.
All hotels will provided the same printed card.*

Lobby areas

- Traditional Cretan Herbs & Tisanes @ Lobby areas
Use promotional card

Beach & Pool Bars

- Antioxidant summer cocktails @ beach & pool bars



**AgrecoFarms
Global Wellness Week
Special Celebration**

DAYTIME

- Participate “Be a Farmer of a Day” activity
- Pick up your own organic vegetables and make your own salad
Use AgrecoFarms organic olive oil and homemade vinegar
- Learn how to make “Gemista”
-(organic vegetables, stuffed with rice and aromatic herbs)
- Learn how to make
 - bread. Bake it in the stone brick oven, and taste it with organic AgrecoFarms olive oil .
 - AgrecoFarms organic Greek yogurt, low fat
 - fresh Cretan cheese , low fat, low in Sodium
 - traditional cheese pies with fresh cheese, mint and AgrecoFarms thyme honey
 - Taste AgrecoFarms organic wines and artisan local cheeses from small produces of the near by AgrecoFarms

EVENING

Cretan Creative Set menu with Detox Foods , if possible with AgrecoFarms products.
AgrecoFarms organic wines and AgrecoFarms Tsikoudia will accompany the menu