



**The Consulate General of Greece  
in Bitola**

**&**

**The Office for Economic and Commercial Affairs  
Embassy of Greece in Skopje**

**have the pleasure to invite you to an online discussion with**

**Diane Kochilas**

**Leading Expert on Greek and Mediterranean Cuisine**



**Eating healthy: Greek Products and Mediterranean Diet**

**Thursday, December 3 2020**

**17.00 - 18.15 ECT**

The Office for Economic & Commercial Affairs of the Greek Embassy in Skopje organized last month, under the auspices of Ambassador Yannakakis, the “Week for Greek Taste”, a successful initiative which was favorably welcomed by the consumers in North Macedonia. Following up on this event, it is exciting to welcome Diane Kochilas for a timely discussion on the benefits of Greek/Mediterranean diet.

Diane Kochilas is the host, creator and co-producer of PBS’s *My Greek Table*, the award-winning 13-episode per season cooking-travel show about Greece. Diane hails from the Greek island of Ikaria and New York City and brings a combination of innate Blue-Zone wellness and result-oriented NYC spirit to everything she does. She is an award-winning author of more than 18 books on Greek-Mediterranean Cuisine.

*Please RSVP [here](#)*

*Registration is through Eventbrite. A link to the Zoom Webinar will be sent to attendees with each registration.*