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PRESS RELEASE

**Adolescence Under the Microscope: 15th Conference at Aristotle
University on Adolescent Health and Mental Resilience**

Thessaloniki, 2/12/2025

The 15th Conference on Adolescence attempts a comprehensive approach to the contemporary issues that concern adolescents. It is organized by the Postgraduate Program “Adolescent Medicine and Adolescent Health Care” of the School of Medicine at Aristotle University, in collaboration with the 2nd Pediatric Clinic of AHEPA University General Hospital and the EPICUR Alliance of Universities, on Saturday, December 6, 2025, from 8:00 to 15:00, at KEDEA.

Adolescence 360°: A European Academic Initiative on Adolescence Presented at Aristotle University

The aim of the Conference is to promote adolescent health by informing and raising awareness among all professionals who work with adolescents on contemporary issues that trouble young people. In addition, the Conference aims to present the “Adolescence 360°” Learning Pathway of the EPICUR Alliance of Universities, which involves the interdisciplinary European Academic Teaching Initiative on Adolescence.

Energy Drinks, Dangerous Online Medications, Mental Resilience

Specialized experts will participate as speakers at the 15th Conference on Adolescence, addressing topics such as energy drinks, dangerous medications circulated online, and current legislation for the protection of adolescents in Greece today. The central lecture of the Conference focuses on building Mental Resilience in Adolescents. The program also includes a session on safe physical activity during adolescence, approached holistically from the perspectives of a Pediatrician, a Pediatric Cardiologist, and a Clinical Nutritionist.

The Conference addresses all professionals working with adolescents, including pediatricians, general practitioners, resident doctors, nurses, psychologists, educators, as well as all undergraduate and postgraduate students of Aristotle University and other universities in the EPICUR Alliance.

Admission is free to the public.

More information about the program:

https://msc-adol.med.auth.gr/images/anakinoseis/A5_15%CE%BF_EFIBEIAS.pdf

We kindly request that this event be published, broadcast, and covered by the media.