

Neuroprotective Greek Herbs: Bridging Neuroscience and Cultural Heritage

a seminar organized by
Anastasia Tsingotjidou (Aristotle University of Thessaloniki)

March 7, 2026

314 Royce Hall

Program Schedule

9:00 a.m. Welcome remarks by Professor Arion Hadjioannou, Department of Molecular and Medical Pharmacology, UCLA and Professor Anastasia Tsingotjidou, School of Veterinary Medicine, Aristotle University of Thessaloniki

Session 1

9:15 a.m. Professor Igor Spigelman, Laboratory of Neuropharmacology, Section of Biosystems and Function, School of Dentistry, UCLA
“Neuroprotective Strategies in Neurodegenerative Disorders”

9:25 a.m. Dr. Korina Atsopardi, Department of Pharmacy, School of Health Sciences, University of Patras (in person)
Professor Marigoula Margariti, Department of Biology, School of Natural Sciences, University of Patras (Zoom)
“Neuroprotective Role of Greek Herbs”

10:00 a.m. Discussion

10:15 a.m. Break

Session 2

10:25 a.m. Introductions by Professor Sotiris Masmanidis, Department of Neurobiology, UCLA

10:30 a.m. Professor Anastasia Tsingotjidou, School of Veterinary Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki
“From Bench to Brain: How Animal Models Shaped Neuroprotection”

10:40 a.m. Dimitra Efthymiopoulou, Department of Nutrition & Dietetics and Department of Sports Nutrition, Harokopio University (Zoom)
“The Neuroprotective Role of Omega-3 and Other Key Nutrients”

10:45 a.m. Marita Papagianni, Plant Taxonomist & Biodiversity Research Associate, Aristotle University of Thessaloniki (Zoom)
“Same Species, Different Personalities: Why Origin Matters for Plant Diversity and Bioactive Research”

10:50 a.m. Associate Professor Konstantinos Xanthopoulos, School of Pharmacy, Faculty of Health Sciences, Aristotle University of Thessaloniki (Zoom)
“Investigating the Effects of Compounds Isolated from Greek Herbs on Transmissible Spongiform Encephalopathies”

10:55 a.m. Discussion

Session 3

11:05 a.m. Irene Giannakopoulos, CEO, Aegialis Hotel and Spa and Author of the Culinary Book, *My Amorgos!*, Amorgos, Greece
“Cooking with Irene Using Cycladic Herbs: Video Presentation and More”
(including food tasting)

12:05 p.m. Closing Remarks
Sharon Gerstel, Director, UCLA SNF Center for the Study of Hellenic Culture
and Professor of Byzantine Art & Archaeology, UCLA