

Educational & cultural projects as an interactive tool for lifestyle Medicine practitioners in sexual health & wellbeing broadcasting.

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Budapest 2023 ☺

DR Elena Gopchuk PHD
Country representative - Cyprus - in ELMO

- Born in Kiev, lived/worked in Thessaloniki (2018-2020), from 2020 resident of Cyprus, Medical doctor trained in Ukraine 2002, MD and PhD in obstetrician-gynaecology
- Adolescent gynecology, 2007
- Gynecological endocrinology, 2008
- Life coaching 4 module program from Ericson college, 2014, course psychology 2015
- ELMO Certificate 2020, since 2023 – Cyprus representative in ELMO
- Since 2013 - on/offline health project, science popularization - public lectures on female sexuality, sex-education projects for adults and children, behavioral psychology for kids, cultural events in Cyprus “Body talk” – art exhibition and seminars, Poet, writer, author of 2 books of poetry, co-author of 2 scientific books, 10 patents, international speaker, TV, Radio presenter, member of ob-gyn & endocrinology associations



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Vision of my presentation: 10'

- **Sexual health consultations – how to help to express and develop changes**
- **Educational projects as a tool for LM practitioners**
- **Collaboration of art and science, collaborations with experts in non-sex-health fields**
- **Video from projects**
- **Added value of coming out of the office to increase "safe space" for intimate subjects**



How do you explain in your practice WHAT IS LIFESTYLE MEDICINE?

How do you explain it for the SEXUAL HEALTH Consultations?

Sexual health topics are delicate in discussions and often have taboos in trust and expressing the problems.




Sexual health & education – I asked myself: “How I can help?”

- By being lifestyle medicine practitioner how I can help people to recognise their real needs & dissatisfaction in this LM pillar and develop change?



My answer was – helping people cope with their fears & learning to recognise their own truth & express it.

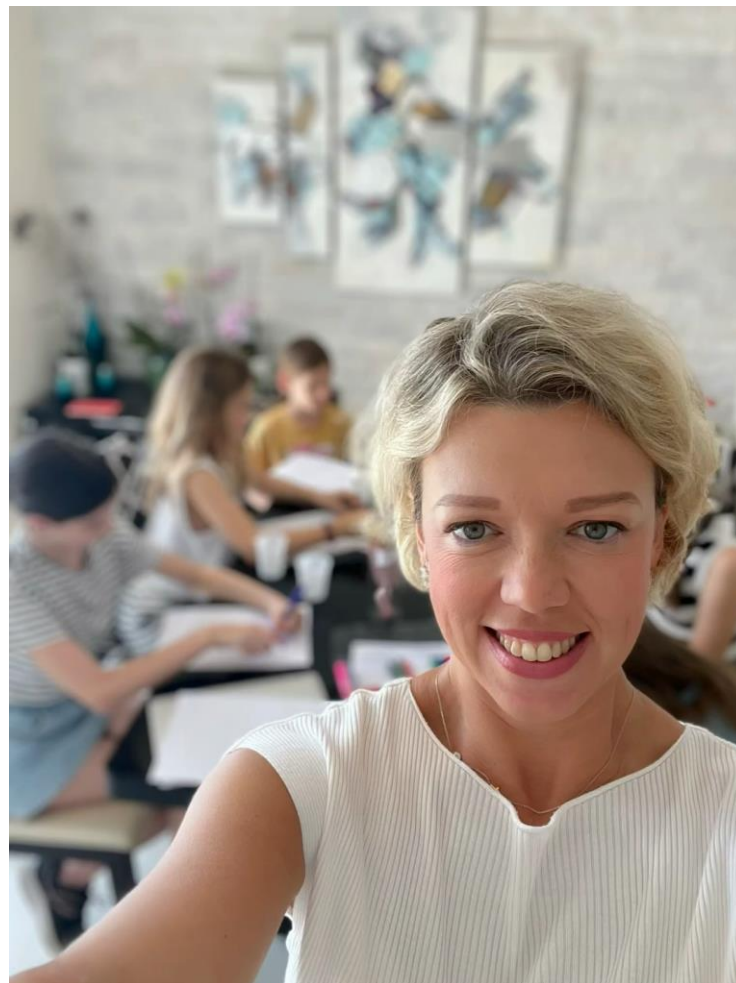


The tool that I am using – creating precedents and speaking up myself, offering people safe cultural and educational space to be accepted and discover their reactions, building shameless attitude to the sexual health subjects for childhood.



Projects for kids and parents
“PRO-body” & “One important talk”

Projects for kids “PRO-body” and parents “One important talk”



- Connecting scientific knowledge with an accessible & easy implementing educational process is helping to involve more people into the LM protocols. Cultural & wellness-oriented projects can be one of the successful modern tools to bring people closer to the healthy lifestyle as well as closer to themselves.

We decided to create new narratives
of sensuality – art of body talk, art of
love, art of connection, art of intimacy



Body talk project

- Elegant event to learn about sexuality, intimacy, physiology of body reactions, define pleasure, respond to inner sexual messages & develop conscious ability to connect & enjoy life together.
- Educational interactive event, sense-activation, art-photography exhibition
- Our goal: self understanding & building & strengthening relationships
- *Through all senses bring into subconscious art of intimacy, freedom of metaphoric sexual expression; through the intellectual knowledge -to connect science & art, culture and education in an elegant thoughtful manner.*
- Express sexuality in culture & in personal life.



Body talk project February 2023



Body talk project values

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- **GUILT -SHAME -FEAR –** epigenetic change for genome and we are still feeling results of the Victorian times.
 - **What has not changed with years is the question - how not to lose a spark in partner in long-term relationships?**



Body talk project February 2023





Body talk February 2023

shortcut video from the project



- Broadcasting the Lifestyle Medicine values & strategy of effective changes for people's better health is an important role of the lifestyle medicine practitioners.

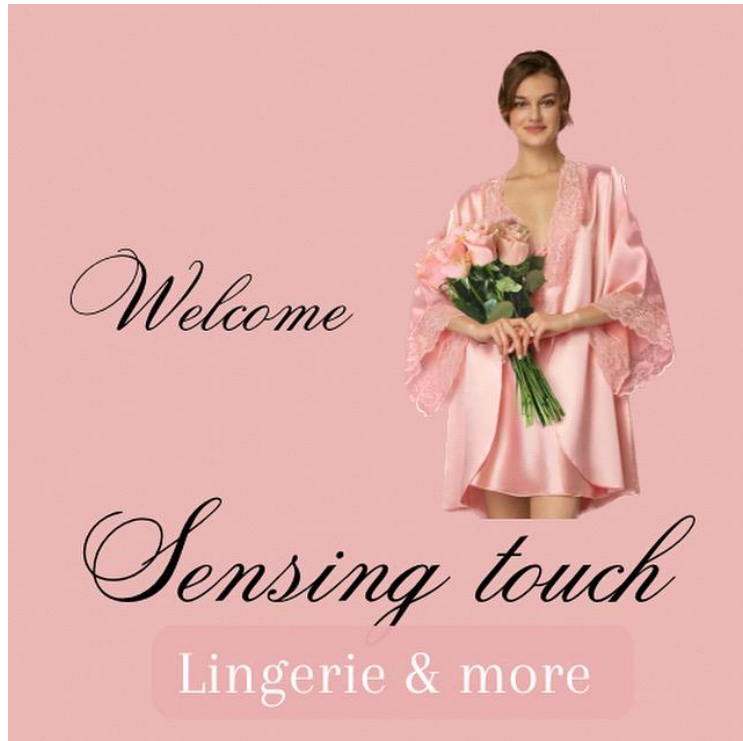
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- Connecting scientific knowledge with an accessible & easy implementing educational process is helping to involve more people into the LM protocols.
- Cultural & wellness-oriented projects can be one of the successful modern tools to bring people closer to the healthy lifestyle as well as closer to themselves.
- Personal Branding, brand ambassadoring



Personal branding, Brand ambassadoring – spreading the values





Workshop

“Dialogue with hormones & applied yoga”

Elena Gopchuk

PhD, MD lifestyle medicine practitioner and
Cyprus representative in The European Lifestyle
Medicine Association

Demetris Constantinou
Bs, founder and yoga teacher
“People’s Yoga Studio”

My seminars LM, conducted personal or in in collaboration

1. Dialogue with hormones & body healing, immune-nerve-endocrine system balancing with knowledge, breathing, yoga & practices.
2. Beauty of aging and yoga -LM age-prevent tips for all spheres of life, prevention of pelvic prolapse and balancing reproductive glands work, lubrication, prostatitis, erectile dysfunction, urine bladder dysfunction prevention.
3. Stress management, Burn out syndrome, anxiety, pain - management. Theory of stress and nerve system by LM & practices. Endocrinology of stress. Practices of distress, detox, burn out prevent. Ayurvedic knowledge, Yoga, body-breath strengthening, sound-healing, aroma- healing, massage-healing.

My seminars on LM, conducted personal or within collaboration

- **Sexual health & practices.** Through the knowledge to happiness in partnership. Psychology of communication, philosophy of intimacy, acceptance, health tools to show. Yoga - practice pelvic strength, lubrication, useful toys) opening heart practices, tantra, pelvic floor practice, Udjaia breathing , Nauli abdominals work, learning how to relax and feel. Sound healing breathing
- **Seminar for breathing:** LM knowledge modern tools of breathing, practices, yoga. (Can be combined with invited speakers).
- **Seminar for sleep management** - theory of sleep & relaxation + asanas for tension-relaxation+ long protocol of breathing& sound healing, endocrinology of sleep, sleep management by LM advisory.
- **Psychology of communication/connection/intimacy**, - posture improvement, confidence improvement, sexuality waking up (yoga, pilates)
- **Nutrition & lifestyle medicine** - nutrition as a basement of life-quality, lifestyle medicine code of metabolism, breathing for the fat-burn, practices, aurveda, yoga.
- **General wellbeing** - how to be aware of health , self tests, check ups, yoga knowledge as a support yoga practice as a LM routine.
- **Physical activity & LM support.** Practices of choice

www.hbcyprus.com

Join me at
health+
beauty
forum

8-9 APRIL
Parklane Hotel
Limassol

Saturday 8 April 16.00

Lifestyle medicine
and pain management

LM educational projects in Cyprus are loved 😊



Ok, let me put it in a different context, you have the aura of making everyone around fall in love.

Is that better? 😊

It is just perfect dear 💖



Love is not an object. It is a skill (Erich From 1956)

- Going through the multi sensory involvement cultural, educational, wellness LM projects influence different groups of people.
- “Body talk”, “one important talk”, “Lifestyle Medicine and applied yoga”, “Pro-body for teens”, “Dialogues with hormones” ongoing projects in Cyprus developed in last 3 years.
- Assessable in person & online, they showed positive educational influence and became popular source of quality information for society. Sharing the strategy and results of ongoing project, devoted to sexual health management and wellbeing will help to exchange experiences and opinions internationally with LM practitioners in the field of education and practice.



Thank you 😊
Together we can do it
perfectly

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Budapest 2023 😊