



A Heartful Connection: Positivity, Chocolate, and Cardiovascular Health

An Inspiring Experience with Only Positive Vibes (OPV)

About OPV

Only Positive Vibes (OPV) is dedicated to inspiring and empowering individuals through positivity, resilience, and well-being. By integrating science, creativity, and community-driven transformation, OPV aims to ignite brighter tomorrows.

Our Approach

Resilience Through Positivity: Learn to embrace failure as an opportunity for growth.
Community-Driven Change: Foster connection and collective success.

Event Highlights

- **Welcome & Introduction (5 Minutes)**

Overview of OPV's mission: "The Power of a Vibe: How Positivity Fuels OPV (Only Positive Vibes)"

- **Bonjour, There is Light After Armageddon (10 Minutes)**

A motivational journey through overcoming challenges and finding purpose in collective positivity.

- **When Creativity and Sustainability Meet (10 Minutes)**

Explore how innovation and sustainability can harmonize to transform services and community impact

- **Robin Hood, the Chocolate, the Butterflies, and the Heart: The Sweet Connection (20 Minutes)**

Celebrate the connection between chocolate, health, and transformation through a live demonstration and tasting.

- **Networking**

Why Attend?

Gain tools to turn setbacks into stepping stones.
Experience the transformative power of positivity.
Enjoy a unique blend of science, community, and art.



Join Us in Spreading Positivity!

Our event team

The team comprises **Damien Gruson**, a specialist in Laboratory medicine active in the field of neurohormones and sustainable healthcare innovation; **Christos Mansinakis**, a serial entrepreneur and creative visionary dedicated to designing transformative and inclusive community experience and **Chiara Peranio**, engaged in event coordination and in crafting initiatives centered on positivity and sustainability.

Our scientific references

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9. C. Peranio, T. Kemaloglu Öz, D. Luu, S. Bernardini, P. Dabla, M. Koo, M. Coyle, B. Shannon, E. Harding, D. Gruson. Rational and design of the Light After Armageddon