

# 16th Panhellenic Epicurus Seminar In Athens Greece - February 14, 2026

Post by “Kalosyni” of March 1, 2026 at 4:13 PM

[Quote from Patrikios](#)

I liked his final statement about how we need "bliss" [eudaimonia] to achieve psychosomatic health.

Do you remember if he gave definitions of "bliss", "eudaimonia", and "psychosomatic health"?