



**Saturday 18th March 2017**

9.30am to 10.00am	Registration and Reception			
10.00am to 10.30am	Welcome			
10.30am to 11.15am	<i>Compression in daily life and self- management-</i> Monica Smith ,Clinical Trainer Medi UK			
11.15am to 11.45am	<i>Pre and Post Liposuction Care -</i> Mr. Alex Munnoch, Consultant Plastic Surgeon, Ninewells Hospital, Dundee			
11.45am to 12.00pm	Refreshment Break			
12.00pm to 1.00pm	Workshops			
Workshop 1 Supplements for Lipoedema <i>Suitable for all</i>	Workshop 2 Tripudio Movement <i>Suitable for all</i>	Workshop 3 How true is your truth <i>Suitable for all</i>	Workshop 4 Manual and Self Lymphatic Drainage techniques <i>Suitable for all</i>	
1.00pm to 2.00pm	Lunch			
2.00pm to 2.45pm	<i>Eating with Lipoedema -</i> Dr Sara Smith, Queen Margaret University			
2.45pm to 3.00pm	Refreshment Break			
3.00pm to 4.00pm	Workshops			
Workshop 1 Nordic Walking <i>Not suitable for people with poor mobility</i>	Workshop 2 Myofascial Release in Chair <i>Suitable for people with poor mobility</i>	Workshop 3 Using Kinesio Tape <i>Suitable for all</i>	Workshop 4 Supporting your Partner <i>Suitable for couples</i>	
4.00pm to 4.30pm	<i>Healthy Lymphatics in Lipoedema -</i> Dr Anne Williams, Trustee of Talk Lipoedema			
4.30pm to 5.30pm	Workshop Aqua Aerobics in Hotel Pool: <i>Suitable for Women only, all levels of mobility</i>			
<b>Evening</b>				
6.00pm to 9pm	Spring Fling: Dinner, Entertainment and Fashion Show. All welcome			

## Sunday 19th March 2017

8.00am to 9.00am	Workshop Aqua Aerobics in Hotel Pool: <i>Suitable for Women only, all levels of mobility</i>			
9.30am to 10.00am	Registration			
10.00am to 10.15am	Welcome			
10.15am to 11.00am	<i>Pain in the Brain</i> - Anne Marieke Fleming, Health Psychology, Reade - rehabilitation and rheumatology, RINO Amsterdam			
11.00am to 11.45am	<i>How to live with conservative treatment instead of surgery</i> - Ad Hendrickx, Nij Smellinghe Hospital, Netherlands			
11.45am to 12.00pm	Refreshment Break			
12.00pm to 1.00pm	Workshops			
Workshop 1	Workshop 2	Workshop 3	Workshop 4	
Tripudio Movement	Myofascial Release on Floor	Using Kinesio Tape	Compression for the later stages of Lipoedema	
<i>Suitable for all</i>	<i>Not suitable for poor mobility</i>	<i>Suitable for all</i>	<i>Suitable for people with advanced lipoedema</i>	
1.00pm to 2.00pm	Lunch and Raffle			
2.00pm to 2.45pm	<i>Liposuction for Fat Disorders</i> - Miss Anne Dancey, Consultant Plastic Surgeon, Spire Healthcare			
2.45pm to 3.00pm	Refreshment Break			
3.00pm to 3.30pm	<i>Taking Control Back</i> - Robert Mitchell Thain, PBC Foundation			
3.30pm to 4.00pm	<i>Living to your full Potential and Close</i> -Isobel MacEwan, Chair of Talk Lipoedema			

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