



Saturday 12th October 2019

9.30am to 10.00am	Registration and Reception Chair Mr. Alex Munnoch			
10.00am to 10.15am	<i>Welcome-</i> Isobel MacEwan, Chair Talk Lipoedema			
10.15am to 11.00am	<i>Speaker to be confirmed</i>			
11.00am to 11.45am	<i>The Gut Brain Connection-</i> Annie Breen			
11.45am to 12.00pm	Refreshment Break			
12.00pm to 12.45pm	Workshops			
Workshop 1 Compression and how it works <i>Suitable for all</i>	Workshop 2 Using Kinesio Tape <i>Suitable for all</i>	Workshop 3 Managing Pain <i>Suitable for all</i>	Workshop 4 Manual and Self Lymphatic Drainage techniques <i>Suitable for all</i>	
12.45pm to 1.45pm	Lunch			
1.45pm to 2.30pm	<i>The Self-factor-</i> Eilidh McDonald Hart			
2.30pm to 3.15pm	Workshops			
Workshop 1 Keeping your feet healthy <i>Suitable for all</i>	Workshop 2 Compression and how it works <i>Suitable for all</i>	Workshop 3 Using Kinesio Tape <i>Suitable for all</i>	Workshop 4 Supporting the one you love <i>Suitable for couples and or partners</i>	
3.15pm to 3.30pm	Refreshment Break			
3.30pm to 4.15pm	<i>What we are learning from current research-</i> Dr Anne Williams			
4.15pm to 5.00pm	Workshops			
Workshop 1 Supplements for Lipoedema <i>Suitable for all</i>	Workshop 2 Maintaining your Independence <i>Suitable for people with advanced lipoedema and mobility issues</i>	Workshop 3 Manual and Self Lymphatic Drainage techniques <i>Suitable for all</i>	Workshop 4 Callanetics <i>Not suitable for poor mobility</i>	



Saturday Evening 12th October 2019

6.30pm – 11.00pm | Dinner and Cabaret Evening

Sunday 13th October 2019

8.00am to 9.00am | Pilates wake up: *Suitable for all levels of mobility*

9.15am to 9.30am | Registration

Chair Mr. Alex Munnoch

9.30am to 9.45am | *Welcome - Isobel MacEwan, Chair Talk Lipoedema*

9.45am to 10.45am | *Liposuction options and benefits – Mr. Alex Munnoch*

10.45am to 11.30am | Workshops

Workshop 1

Using Kinesio Tape
Suitable for all

Workshop 2

Trigger Point Pilates
Not suitable for poor mobility

Workshop 3

Managing Change
Suitable for all

Workshop 4

Compression for the later stages of Lipoedema
Suitable for people with advanced lipoedema

11.30am to 11.45am | Refreshment Break

11.45am to 1.00pm | *Let's Talk, Let's Manage, Let's Live, Let's do it!* – The Team

CLOSE