



## Feedback from Talk Lipoedema Chair Isobel MacEwan



**“Well after months of organising, I have to say that the team at Talk Lipoedema were pleased with the response to our 2017 Conference, Living To Your Full Potential.**

*Here is just some of the feedback we have had:*

*“I laughed, learned and was inspired, and have met so many beautiful souls”*

*“I'm so glad I went, I'm more informed and I feel SO free. I know that it is not my fault and it never was. I don't need to feel ashamed and instead of being angry I'm going to educate people who choose to treat me as a lesser being because of the shape of my body”*



*“As well as learning and realizing a lot about the mind as well as the body - I got to try out belly dancing, do aquacise in a pool full of people who looked like me, and witness 10 beautiful models strutting their stuff in a Lipoedema fashion show. The joy in their faces as they were whooped and cheered down the catwalk after years of hiding in the shadows almost moved me to tears”*

*Many of these comments moved the team to tears. I think we can safely say the conference was a success by empowering people to take control. Now we need to reach out to the other 3 million living with the condition in the UK and don't even know it yet.”*

#### About Isobel:

Isobel has worked within the Hotel, Catering and Food Industry for 33 years and currently runs her own Food and Food Safety consultancy firm. She was diagnosed with Lipoedema at the age of 51, having inherited it from her mother and paternal grandmother. She lives in the countryside outside Edinburgh in Scotland and is passionate about raising awareness of Lipoedema.