

**LIVING TO YOUR  
FULL POTENTIAL**



**TALK LIPOEDEMA CONFERENCE 2017**

SATURDAY 18 & SUNDAY 19 MARCH | BIRMINGHAM UK



## **Patient Review of The Spring 2017 Conference – with thanks to Jill Wibberley**

*“I first attended a lipoedema conference in 2015 and enjoyed it so much I booked for the 2017 conference in Birmingham. Due to the kindness of a wonderful family I was able to go by means of a lift, as I am unable to use public transport. We arrived on Friday 17th March at the Holiday Inn where the conference was held. Next day was the start of the conference and I was looked after so well. Mary and Julie from Physiopod arranged a comfortable armchair for me with a footstool so I could have my legs up most of the time.*

*Because of my lipoedema my legs are very large and heavy and I needed help to put them up and also to get them down. There were many lovely people to help me including Mary and Julie plus a delightful young man, Dalivor Svec, from a compression company called Lipoelastic. He popped in now and again to ask if I needed anything; so very kind of him.*

*During the conference we heard many speakers all very knowledgeable in their field from all corners of the UK and from other countries and I found it very refreshing that all were willing to share their expertise with everyone. One speaker from the Netherlands even remembered me from the previous conference.*



## **Getting the PhysioPod treatment from Julie**

*I sat out of one of the talks and Mary and Julie treated my tennis elbow and my sore shoulder, which was very beneficial. We had great workshops, which taught me the correct way to treat my lipoedema. Unfortunately I wasn't able to swim, as the pool was not suitable for my disability.*



## **“Dressed to the nines” as one of The Talk Lipoedema’s models in the Fashion Show**

*On the Saturday evening I was fortunate to be in the fashion show and was taught how to do make up correctly and also had my hair done. I wore a white lacy top and striped trousers with a jaunty little hat and a lacy shawl. Not an outfit I would have chosen myself but it showed me I could wear attractive clothes and look good in them. I liked them so much I purchased them! I must have looked ok as the members all clapped quite loudly. The other ladies in the show looked fabulous too. Sunday was more of the same with great speakers and workshops. Meals were provided for the two days. I must mention the Trustees and the steering committee for their hard work and organising skills. Everything went so smoothly without a hitch and I know how difficult it is to gel everything together. They were fantastic and I can't wait for the next one.”*