

TALK LIPOEDEMA SPRING CONFERENCE PROGRAMME

FRIDAY 20th March 2015

TIME	WHO	TITLE OF PRESENTATION
9.00-10.00	Trustee Team	Registration
10.00-10.15	Mr Alex Munnoch	Welcome
10.15 -11.15	Dr Karen Herbst MD	The Pathology of Lipoedema and co-morbidities and diagnosis of Lipoedema in the young
11.15 -11.45	Els Brouwer	Self-Management and Trauma
11.45-12.30	Dr Karen Herbst /Dr Anne Williams /Elaine MacNicol	<i>Workshop</i> on diagnosis
12.30- 1.30	LUNCH	
1.30 – 2.00	Mr Alex Munnoch	Surgical Management of Lipoedema
2.00-2.30	Sharie Fetzer	Lipoedema UK RCGP eLearning brings hope of early diagnosis
2.30- 3.00	Dr Karen Herbst /Dr Anne Williams/ Elaine MacNicol	<i>Workshop</i> Standard of Care for Lipoedema
3.00	CLOSE	

FRIDAY EVENING 20th March 2015

TIME	WHO	TITLE OF PRESENTATION
4.30 -5.30	Trustee Team	Registration – Meet and Greet
5.15-5.30	Trustee Team	Welcome
5.30-6.00	Sue Alexander Arbonne	Toxicity of Beauty Products- Sue will discuss the dangers of putting certain chemicals on the skin.
6.00-6.30	Robert Mitchell -Thain Development Officer for the PBC Foundation	Surprising effects of Music and Exercise- The emotional and physiological effects of music, language and paced exercise can help living with Lipoedema
6.30-7.30	Buffet	
7.30-8.30	Fashion Show	Nina Blakemore and Team
8.30-9.00	Social	

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SATURDAY 21st March 2015

TIME	WHO	TITLE OF PRESENTATION
8.30	Board	AGM
10.00-10.30	Trustee Team	Registration
10.30-10.15	Isobel MacEwan	Welcome
10.15-11.15	Dr Karen Herbst	Management of Lipoedema
11.15-11.45	Mr Alex Munnoch	Surgical Management of Lipoedema
12.00-1.00	<p>WORKSHOPS</p> <p>1. Be (a) ware of compression with Els Brouwer .Els is an education and product advisor at CircAid Medical/Medi International. Her session is on understanding how to choose the right compression and how wearing the correct compression can be beneficial to your Lipoedema</p> <p>2. Nordic Walking with Mike Horton of Nordic Walking UK . This is a unique form of exercise in that; it provides benefits for everybody from those with medical problems to the super fit. Whatever age, fitness level or goal, - Nordic Walking is suitable, effective and enjoyable. *Wear comfortable clothes and foot wear</p> <p>3. Tripudio Movement with Jane Langston Jane is a qualified Tripudio instructor and lymphoedema/Lipoedema patient Tripudio is movement with a focus on the fluid systems of the body, including the lymphatic system and the cardiovascular system</p> <p>4. Self Management with Robert Mitchell -Thain of the PBC Foundation . Robert will give you some tips to help you to improve your approach to day-to-day life and how you can cope with any negative effects of your Lipoedema.</p>	
1.00-2.00	<p>LUNCH Raffle to be drawn at 1.45 pm</p>	
2.00-2.30	Els Brouwer	Lipoedema and Muscle Strength
2.30-3.30	<p>WORKSHOPS</p> <p>1. Healthy Lymphatics by Dr Anne Williams . Anne is a Trustee to Talk Lipoedema and is a lymphoedema nurse and Vodder MLD therapist. Have you ever wondered how your lymphatic system works- and what you can do to make it healthier and more efficient when you have lipoedema? This interactive session will address these questions, and also includes practical information on simple self-massage techniques to improve lymph drainage</p> <p>2. Nordic Walking with Mike Horton of Nordic Walking UK. This is a unique form of exercise in that it provides benefits for everybody from those with medical problems to the super fit. Whatever age, fitness level or goal, - Nordic Walking is suitable, effective and</p>	

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	<p>enjoyable. *Wear comfortable clothes and foot wear</p> <p>3. Tripudio Movement with Jane Langston. Jane is a qualified Tripudio instructor and Lymphoedema/Lipoedema patient. Tripudio is movement with a focus on the fluid systems of the body, including the lymphatic system and the cardiovascular system. *Wear comfortable clothes and foot wear.</p> <p>4. Supporting your partner Robert Mitchell -Thain of the PBC Foundation will give you some tips to help you support your partner and or family member with day-to-day life and the negative effects of living with Lipoedema</p>	
3.30 – 4.00	ALL	Q AND A <i>* QUESTIONS TO BE SUBMITTED IN ADVANCE</i>
4.00PM	CLOSE	