



# Lipoedema UK

(Charity No 1157716)

## Together we can... ...beat lipoedema

JOIN US FOR

*'Friendship, inspiration & support'*

**DAY 1 Saturday, 14th October** \*

Concord Sports Centre, Sheffield S5 6AE 10.00 a.m. - 6.00 p.m. £25

**DAY 2 Sunday, 15th October** \*

Hilton, Victoria Quays, Sheffield S4 7YA 10.00 a.m. - 4.00 p.m. £25

**Supper Party – Saturday, 14th October**

Hilton, Victoria Quays, Sheffield S4 7YA 7.30 p.m. - 10.30 p.m. £25

### **SPEAKERS:**

Dr Pia Ostergaard, Mr Glen Brice, Mr Vasu Karri, Catherine Seo, PhD, Sandra Slaughter, Nurses: Denise Hardy, Maggie Gormley, Kris Jones & Mary Warrilow

**SIGN UP FOR** – St Georges' Hospital Genetic Research Programme

**LAUNCH OF UK BEST PRACTICE GUIDELINES 2017** – Ground breaking guidelines for your GP

**DIETS & LIPOEDEMA** – Some diets do make a difference

### **YOGA, AQUA AND FUN –**

Exercises to tone and keep you fit

### **LIPOSUCTION FOR LIPOEDEMA –**

Options, techniques & results

### **M-A-G-I-C FOR WELL BEING –**

Mindfulness and resilience techniques

### **LIPOEDEMA & RELATIONSHIPS –**

The challenge of intimacy

### **COMPRESSION** – Why it makes a

difference, one to one consultations

Both days include a healthy lunch, morning coffee & afternoon tea

**\* BOOK NOW FOR EARLY BIRD DISCOUNT**

\* Early Bird Discount: Day 1 & 2 £45 p.p. Ends August 30th, 2017

**www.lipoedema.co.uk**