



Consumer Day

Saturday 26 May 2012, 10.30am—3.00pm

Cost \$40 booked by 29th February, \$55 after 29th February
(includes morning tea and lunch)

What to expect.

- Lymphoedema Self-Management—Does one recipe suit all?
- The physiological aspects of Lymphoedema: Research and background information on cellulitis
- How weight impacts on Lymphoedema and what dietary considerations there might be
- Yoga and meditation



Speakers



Peter Mortimer

Professor Peter Mortimer

International Speaker and keynote speaker for the ALA Conference

Professor Peter Mortimer trained in Dermatology in Sheffield and Oxford. He was appointed 'Physician to the Skin' department at St George's and consultant skin physician to the Royal Marsden Hospital since 1986 and has been Professor of Dermatological Medicine to the University of London since 2000.

Annette Loudon

Annette is currently completing her Masters of Medical Sciences through Rural Health at the University of Tasmania. Her research topic "A randomised controlled pilot trial into the effects of yoga on women with secondary arm lymphoedema from breast cancer treatment" was carried out in Hobart and Launceston. Annette is a qualified, accredited and experienced teacher of yoga and Pilates, as well as having qualifications in exercise science and fitness.



Annette Loudon

How to apply for funding or register to attend

The 2012 ALA Conference Committee are pleased to be able to offer some assistance to Consumers and their Carers to attend the Conference on Saturday 26 May 2012 for the Consumer dedicated sessions. This assistance has been made possible by a Commonwealth Grant.

Please visit the Conference website—www.alaconference.com.au/consumer.php to download an application or registration form.

Alternatively phone Think Business Events on 03 9417 1350 to have one sent to you.