



Weight management: Research and practice

Tuesday 21st June

9.30-16.00

Focolare Centre for Unity

69 Parkway, Welwyn Garden City, Herts, AL8 6JG

Programme

- 9.30** **Registration and coffee**
- 10.00** **Welcome and introduction**
Dr Angel Chater, University College London
- 10.20** **Keynote: Research and insights on weight management**
Professor Jane Ogden, University of Surrey
- 11.15** **Tea and Coffee**
- 11.45** **The BeeZee Bodies approach to weight management**
Stuart King, CEO BeeZee Bodies
- 12.30** **Networking lunch.**
- 13.45** **Motivational Interviewing and weight management**
Dr Charlotte Hilton, University of Coventry
- 14.30** **Weight management programmes and working with Health Psychologists**
Sandy Evans, Consultant Dietitian and Director of Kastech
- 15.15** **Closing remarks**