

‘OVER EXERCISING’

9.30am – 4pm, 3rd November 2011
Queens Hotel (Best Western)
Leonard Street
Perth, PH2 8HB

- 09.30 **Registration & coffee**
- 10.00 **Welcome, Introductions, announcements** and setting out the day
 – Dr Jane Morris, Chair of SEDIG & EEATS
- 10.15 **Introduction to Exercising and Overactivity**
 - Dr Jane Morris
- 11.00 **Comfort Break**
- 11.30 **Genetic Research on Compulsive Exercise**
 - Dr Kirsty Kiezebrink, University of Aberdeen
- 12.15 Questions and short discussion
- 12.30 **LUNCH**
- 1.30 **The Role of Physiotherapy in Recovery from Eating Disorders**
 - Sandra Philip-Rafferty, Specialist Physiotherapist in Eating Disorders, the
 Eden Unit, Royal Cornhill Hospital
- 2.30 **AGM (see separate agenda)**
- 3.30 **Closing remarks**
- 4.00 Day Ends

Please note that this study day is automatically eligible towards EEATS Accreditation and for Professional CPD

Certificates of attendance available on request from our secretary

TO BOOK A PLACE PLEASE EMAIL: diane.whiteoak@fshc.co.uk