

OPEN DAY

In Association with NLFI

**FRIDAY THE 29TH SEPTEMBER 2023 - CORK INTERNATIONAL AIRPORT HOTEL
2PM TO 6PM**

AGENDA FOR L.I. OPEN DAY

1.15 - 1.45 REGISTRATION & EXHIBITORS

2.00 - 2.15 OPENING ADDRESS

2.15 - 3.00 GUEST SPEAKER - DR. GABRIELE ERBACHER

Psychological aspects of living with a chronic disease like lymphoedema

3.00- 3.15 Q & A WITH DR. GABRIELE ERBACHER

3.15 - 3.45 NUTRITIONAL THERAPIST - VIRGINIA ZIULU

Applied Anti Inflammatory Nutrition for Lipoedema and Lymphoedema

3.45 - 4.30 MEET THE SUPPLIERS/REFRESHMENT BREAK

4.30 - 5.15 GUEST SPEAKER - DR. GABRIELE ERBACHER

What is lipoedema and how should it be treated?

5.15 - 5.45 AMY WALSH MISCP - MAX PHYSIO

Exercise and Lymphedema; What kind of exercise is most effective?

5.45 - 6.00 Q & A WITH AMY WALSH & VIRGINIA ZIULU

END OF L.I. OPEN DAY

LIPOEDEMA OPEN FORUM - FREE EVENT

6.00 - 6.05 OPENING ADDRESS

6.05 - 6.15 VIRGINIA ZIULU

Living with Lipoedema

6.15- 7.15 OPEN FORUM WITH DR. MARKUS KILLINGER MD, General Practitioner and Lymphological Consultant Austria and **DR. GABRIELE ERBACHER**, Senior Clinical Psychologist at Foeldi Clinic, Germany



INTERNATIONAL GUEST SPEAKER - DR. GABRIELE ERBACHER

Gabriele is the head psychologist at the Foeldi clinic - European Centre for Lymphology. She is certified in Psycho-Oncology (ZIST). A Board Member of the ILA. A member of the core group of the German Lipoedema Guidelines. Co-Author of the series of articles "Lipoedema - Myths and facts", and is one of the lead authors of the International Consensus Document "Lipoedema: a paradigm shift and consensus".



Virginia Ziulu - Nutritional Therapist

Virginia has over 10 years experience in the Health and Wellness Industry. Virginia practices from a busy clinic in Portlaoise in Ireland as well as her own remote clinics via zoom where she sees clients worldwide from Switzerland to Australia to Portugal. She supports a number of clients in her practice and she is very passionate about Lipoedema and Lymphoedema as a formal Lipoedema sufferer herself. Her areas of expertise are Female hormonal health, Digestive and Immune Health.



Amy Walsh MISCP, CORU Registered.

Pinc and Steel Cancer Rehab Physiotherapist. Canoeing Ireland Womens Paddling Ambassador. Special Population Mat and Reformer Pilates Instructor. Dr Vodder Certified Manual Lymphatic Drainage Therapist. Adventure therapy services for those with a lived experience of Cancer.



Dr. Markus Killinger MD,

General Practitioner and Lymphological Consultant Austria

EVENT IS FREE TO PAID UP MEMBERS OF LYMPHOEDEMA IRELAND

€20 Registration fee for non members

All tickets obtained via EVENTBRITE CLICK ON LINK FOR MORE INFORMATION

[https://www.eventbrite.ie/e/lymphoedema-ireland-open-day-friday-29th-september-2023-tickets-625327028977?](https://www.eventbrite.ie/e/lymphoedema-ireland-open-day-friday-29th-september-2023-tickets-625327028977?aff=ebdshpsearchautocomplete-tickets-625327028977)

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