

NUTRITION FOR HEALTH, EXERCISE AND TO TREAT GUT SYMPTOMS

WEDNESDAY 5TH DECEMBER 2018

TAUNTON AND PICKERIDGE GOLF CLUB, CORFE, TAUNTON, TA3 7BY

EVENT OUTLINE

This event will cover the principles of healthy eating, reviewing nutritional guidelines and the latest evidence, particularly for obese patients. We will explore sports nutrition for endurance sports and will cover diet and lifestyle adaptations to manage symptoms of irritable bowel syndrome and other gut conditions.

LEARNING OUTCOMES

Following this event you will have an understanding of:

- A healthy diet
- The principles behind a lower carbohydrate/processed food diet and how this can improve health
- Nutrition for sports and endurance events
- How to signpost your patient with irritable bowel syndrome: what is it, why they may have the symptoms and self-help.

SPEAKER: Emma Greig

Emma Greig has been a consultant in gastroenterology/endoscopy since 2003, and has worked at Musgrove Park Hospital since 2004. She qualified in Birmingham in 1992 with junior medical training and undertook a PhD in Manchester and then completed speciality/senior training in London. Emma obtained her postgraduate certificate in Human Nutrition at the University of Surrey in 2008-10.

Emma has a specialist interest in nutrition, Crohns disease, ulcerative colitis and coeliac disease. Emma was the winner of the NICE shared learning award in 2016 for a project around patient-centred management of irritable bowl syndrome. Emma is a long distance runner and walker in her spare time.

Convenor: Joanne Oaten MRCC

PROGRAMME

18.30 - Registration
19.00 - Seminar begins
21.00 - Close

REGISTRATION FEES

RCC Members: £35
Non-Members: £50

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Alternatively, please send registration forms to our address below, with cheques made payable to,
The Royal College of Chiropractors.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.
No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****

REGISTRATION FORM

Name: _____
Address: _____

Postcode: _____
Email: _____
Phone: _____

Registration fees:

I enclose a cheque for £ _____.

Please send your completed registration form to:
The Royal College of Chiropractors, Chiltern Chambers,
St Peters Avenue, Reading RG4 7DH