



ASSOCIATION FOR THE
STUDY OF OBESITY

YORKSHIRE REGIONAL MEETING



UNIVERSITY OF LEEDS



LEEDS
BECKETT
UNIVERSITY

THE USE OF TECHNOLOGY IN ADDRESSING OBESITY

**THURSDAY 12TH OCTOBER
12:30-3:00PM**

Timetable

12:30pm: Lunch and Networking

12:55-1:00pm: Chair's welcome

1:00-1:30pm: Evidence-based digital solutions for weight loss maintenance.

(James Stubbs, Professor of Appetite and Energy Balance, School of Psychology, University of Leeds)

1:40-2:10pm: The use of Couch to 5K by those with obesity.

(Katie Pickering, Research Fellow, Carnegie School of Sport, Leeds Beckett University)

2:20-2:50pm: Co-designing digital technologies with patients and practitioners that work in practice.

(Victoria Betton, Director, mhabitat, Leeds and York Partnership NHS Foundation Trust)

2:50-3:00pm: Discussion and Close

Register for this meeting at: <https://tinyurl.com/y8wpfpeo>

VENUE:

**Room 133/34,
School of Psychology
University of Leeds
LS2 9JZ**

**This meeting is
FREE
and open to
ALL**

**To register please
visit:**

<https://tinyurl.com/y8wpfpeo>

**With any queries
please contact:**

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leeds.ac.uk**



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ANNIVERSARY YEAR