



ASSOCIATION FOR THE  
STUDY OF OBESITY

**ASO East of England Network Meeting  
Digital Solutions to Weight Management  
Tuesday 26<sup>th</sup> June 2018 13.00 to 16.30**

Alison Shrubsole Room, Homerton College  
Hills Road, Cambridge, CB2 8PH

**Programme**

- 13.00 Welcome – Dr Amy Ahern and Dr Carly Hughes
- 13.10 Developing and evaluating the Power+ intervention: A digital weight management programme with brief nurse support  
**Dr Kathryn Bradbury, University of Southampton**
- 14.10 The NULevel trial of a scalable, technology-assisted weight loss maintenance intervention: Lessons learned  
**Dr Liz Evans, University of Newcastle**
- 15.10 Refreshment break
- 15.30 NoHoW: Evidence-based Tools for Weight Loss Maintenance  
**Cristiana Duarte, University of Leeds**
- 16.30 Close