



ASSOCIATION FOR THE  
STUDY OF OBESITY

## YORKSHIRE REGIONAL MEETING



UNIVERSITY OF LEEDS



LEEDS  
BECKETT  
UNIVERSITY

# THE USE OF TECHNOLOGY IN ADDRESSING OBESITY

**THURSDAY 12<sup>TH</sup> 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:**

**g.s.finlayson@  
leeds.ac.uk**



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ANNIVERSARY YEAR