

Verity Conference Hilton Reading, RG2 0GQ Saturday 27 March 2010 http://www.verity-pcos.org.uk/events	
09:30 – 09:55	Registration & Coffee - network with fellow delegates
Session 1	
09:55 – 10:00	Welcome and Overview of the day <i>Rachel Hawkes, Verity Chair</i>
10:00 – 10:45	PCOS and your long term health <i>Dr Helen Mason, Endocrinologist</i>
10:45 – 11:15	Question & Answer / Group Discussion <i>Facilitator – Rachel Hawkes, Verity Chair</i>
Coffee & Tea	
Session 2	
11:30 – 12:15	PCOS and nutrition <i>Caroline Heuberger, PCOS dietitian</i>
12:15 – 12:45	Question & Answer / Group Discussion <i>Facilitator – Premila Shaw, Verity Deputy Chair</i>
Lunch	
Session 3	
13:15 – 14:00	How can alternative therapy help PCOS? <i>Dr Marilyn Glenville, alternative therapist</i>
14:00 – 14:30	Question & Answer / Group Discussion <i>Facilitator – Premila Shaw, Verity Deputy Chair</i>
Coffee & Tea	
Session 4	
14:45 – 15:30	Treating excess hair and acne scarring <i>Chris Hart, Cristianos Laser Clinic</i>
15:30 – 16:00	Question & Answer / Group Discussion <i>Facilitator – Rachel Hawkes, Verity Deputy Chair</i>
16:00 – 16:10	Summary and close
Conference End	