



World COPD Day is an annual awareness-raising event organized and sponsored by the Global Initiative for Chronic Obstructive Lung Disease (GOLD). For more information please visit www.goldcopd.org/WCDIndex.asp.

WORLD COPD DAY EXPO
Horticultural Hall
Riccarton Avenue
Wed 17th November
10.30am to 2.30 pm
2010 – The Year of the Lung

SPEAKER TIMETABLE

10.30am	Welcome
10.35	Introduction and Overview
10.40	Nutrition . Bianca Edmonds, Dietician
11.00	Dr Mike Epton, Respiratory Physician
11.15	Being Active with COPD . Justin Tee, Physiotherapist
11.30	Smoking Cessation . Sue Stevenson
11.40	Warm, energy efficient homes - Katie Nimmo, Home Energy Advice Centre
12pm	LUNCH
12.30	Being Active with COPD . Trish Goulter, Physiotherapist
12.45	Spirometry . Dr Maureen Swanney, Respiratory Physiology Laboratory
1.00	Pulmonary Rehabilitation . Jenny McWha, Respiratory Nurse Specialist
1.15	Respiratory Relief Society - David Chamberlain
1.30	Dr Mike Epton, Respiratory Physician
1.45	Smoking Cessation . Lenore Weeks
2.00	Warm, Energy efficient homes . Katie Nimmo, Home Energy Advice Centre
2.20	Closing and Acknowledgements

If you have COPD or another chronic lung condition, are a health professional or caregiver, smoker or ex smoker, or anyone who wants to know more about COPD - join us at The Canterbury Horticultural Hall, Riccarton Avenue.

Entry is free and free light refreshments will be available. All attendees will go into the draw for some great prizes.

Refreshments kindly sponsored by Boehringer Ingelheim