

<b>Programme</b>	
9.15 - 9.20	<b>Conference Chair welcome</b> Esther Clift, Chair Regional BGS, Consultant Practitioner, Southern Health Foundation Trust
09.20 - 10.00	<b>Sarcopenia-definitions and physiology</b> Dr Harnish Patel, University Hospital Southampton
10.00 - 10.40	<b>Strength training in older adults-time to raise the bar</b> Dr Tom Maden-Wilkinson, Senior Research fellow, Sheffield
10.40-11.15	<b>Current research and the future</b> Dr Stephen Lim, NIHR clinical lecturer
11.15 Coffee Break	
11.30 - 12.15	<b>Geriatrics - Keynote</b> Dr Gill Turner, Consultant Physician in Community Geriatric Medicine, Lymington and New Forest
12.15 -13.00	Wessex trainee update & Annual General Meeting Regional BGS Gayle Strike, Trainee Programme Director & Consultant Geriatrician, Portsmouth Hospitals NHS FT Esther Clift, Chair Regional BGS, Consultant Practitioner, Southern Health Foundation Trust Jo Gough, BGS Scientific officer
1.00 Lunch	
1.45 - 2.15	<b>Sarcopenia and nutrition- current evidence</b> Alicia Baczynska, Specialist Registrar, University Hospital Southampton NHS Foundation Trust
2.15 - 2.30	Platform presentation
2.30 - 2.45	Platform presentation
2.45 - 3.00	
3.00 - 3.30	TBC
3.30-4.00	<b>Feedback and closing remarks</b> Esther Clift, Chair Regional BGS

CPD Accreditation: This meeting has applied for 6 CPD credits

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**Speaker biographies**

Alicia Baczynska, Specialist Registrar, University Hospital Southampton NHS Foundation Trust

**I am a SPR in my last year of training. I completed MPhil at the University of Southampton in 2018. My current interests are healthy ageing, plant based nutrition in root cause treatment of chronic disease**

