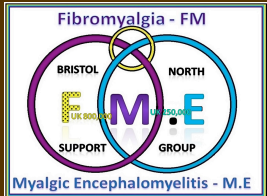


5th February 2014  
6.30pm  
**Watershed  
Bristol**



Details and tickets costing £10 available from  
[www.voicesfromtheshadowsfilm.co.uk](http://www.voicesfromtheshadowsfilm.co.uk)



Mark VanNess

## *Exercise and ME/CFS Breakthrough research findings*

**Dr Mark VanNess** - Associate Professor, Dept. of Health, Exercise and Sports Sciences, University of the Pacific. Scientific advisory committee member of **Workwell Foundation USA**. - *The mechanisms that produce post-exertional malaise in patients and the role of the autonomic nervous system in immune dysfunction.*

**Dr Nigel Speight** - Consultant Paediatrician and medical advisor to many UK ME charities explains: *"The challenge of ME/CFS in children and young people."*

**Erinna Bowman** Research Fellow at **CURE-ME** - *The UK Biobank and exciting new research projects* - London School of Hygiene & Tropical Medicine.

**Film** - sneak preview of 30 min version of **'Voices from the Shadows'** showing four young ME patients' stories.

**Q & A** - Chaired by **Sue Waddle**, spokesperson for ME Research UK.

CPD certification  
applied for.  
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It "provides ... an objective, quantitative marker of post exertional malaise. To date, diagnosis has been qualitative based on a list of symptoms, resulting in wide variability in the patient population."  
Workwell Foundation



Erinna Bowman

"I have special interests in Child Protection, Childhood Asthma, Food Allergy, Myalgic Encephalomyelitis & Chronic Fatigue Syndrome, ADHD and Emotional/Psychological problems in childhood".  
Dr Speight.



Nigel Speight