



DO YOU HAVE COPD OR ASTHMA?

Do you sometimes feel you're never quite sure what to do when you feel unwell, or how to use your inhaler?

Well, come to The Hub @ South Shore,
120 Highfield Road FY4 2JF
on **Friday 27th June** at **12.30pm** to
our NEW
Respiratory Education and Support Session.

There will be a practice nurse at the session answering your questions as well as providing education, training and support so you will be able to look after yourself better at home. There will be a 30 min session of chair based yoga presented by a qualified yoga teacher who has an interest in helping people with respiratory problems.

If you can't make the next session, there will be more sessions to follow. Email:
Janine.wheeldon@nhs.net to register your interest and we will keep you informed.

Spaces are limited so please
book in as soon as possible by
emailing:
Janine.wheeldon@nhs.net

If you require further
information please contact
Jan Wheeldon on 01253204 672

