



# 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?**

**We'll come to The Hub @ South Shore, Highfield Road on the 18th October at 12noon.**

**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 also be a social prescriber who could help you with any social needs you may have as well as people who are in the same position as yourself.

Spaces are limited so please book in either use the QR Code or email: [office@sscp.co.uk](mailto:office@sscp.co.uk)

If you require further information please contact Jan Wheeldon on 01253 204 672

