



Topics:

- Meet people with a common interest in managing their lung condition
- Gentle Exercises
- Social Outings
- Key Speakers

Contact

For more information phone

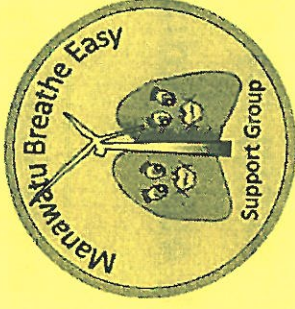
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Supported by Palmerston
North
Hospital, Respiratory Services



Manawatu Breathe Easy Support Group

For adults with
Lung conditions such as

- Asthma
- Chronic Bronchitis
- Emphysema

Objective

To improve the quality of life for those suffering from respiratory diseases and to support their carers, partners and spouses through fellowship and knowledge



Why?

Shortness of breath is frightening, particularly for people suffering from chronic lung conditions



Lung disease is a stressful life event, which can lead to lifestyle changes causing panic, isolation and depression

When

Third THURSDAY of every month

Time

10.30 am – 12.30pm
Morning Tea & Meeting

Where

Cloverlea Neighbourhood
Tavern
301 Tremaine Avenue,
Palmerston North

No Charge

Transport

Ring us – we can try to help