

## **Topics:**

- Meet people with a common personal interest in managing their lung conditions
- Gentle exercises with a physiotherapist
- Social Outings
- Guest Speakers



**For more information phone**

**Kylie Bradley**  
**06 3748497**

**Libby Donaldson**  
**06 3768860**

**Melissa Nikora**  
**06 3744306**

**Supported by Palmerston North  
Hospital Respiratory Services  
&  
Manawatu Breathe Easy  
Support Group**



# **Tararua 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? 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**

10.00am – 12.00pm  
Morning Tea & Meeting

## **Where**

The Hui Room  
Rangitane Offices  
Copenhagen Square  
High Street  
Dannevirke

**No Charge**

## **Transport**

Ring us – we can try to help