



Join us for the free NHS course:

LIVING WELL WITH COPD

- Understand more about COPD
- Coping with breathlessness
- Explore the link between emotional well-being & COPD.
- Managing stress & anxiety with COPD
- The role of activity in COPD

The course is being held at Upper Hale community centre on the following dates:

8th June, 15th June, 29th June, 6th July, 13th July

from 9.30-11am.

For more information or to book your place call Talk Plus on: 01252 533 355

or self-refer online at www.talkplus.org.uk

quoting 'Living well with COPD' course