



**British
Lung
Foundation**

Breathe Easy - Skelmersdale

A support group open to people with any form of lung disease, their family, friends and carers.

Find out about different activities to stay as active as possible. Become more confident to manage your illness and live as well as you can.

Meetings are held on the

Fourth Tuesday of the month

Starting at **12pm – 1pm:**

Skelmersdale PULSE, Unit 73, Concourse Shopping Centre, Skelmersdale, WN8 6LN.

Upcoming Meeting Dates in 2019

Tuesday 24 September

- *Walking & Exercise* (Active West Lancs)
- *Breathing Exercise Session* (Virgin Care)

Tuesday 22 October

- *Preparing for Winter* (Age UK Lancs)
- *Active Steps Programme* (British Lung Foundation)

Tuesday 26 November

- *Singing for those with a lung condition* (Power of Music CIC)

For further enquiries please call: **03000 030 555**