

North Bucks Breathe Easy Group

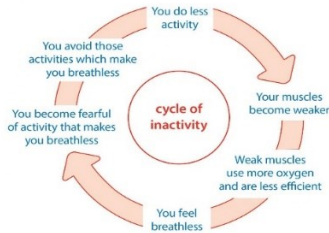
(NB BEG)

RELAX, SLOW DOWN, BREATHE



Affiliated to Asthma + Lung UK

Stay Active and Stay Well



New Year, New Incentive to look after your Lungs.

Our Pulmonary Rehab Maintenance Exercise Classes are held on a **Wednesday** in the **Bowls Club**, ElmFields Gate, Winslow.

These are weekly gentle exercise classes designed to help anyone with a respiratory condition

The sessions are being run by a Qualified Exercise Instructor and will follow the exercises undertaken on Pulmonary Rehabilitation courses

The cost is £7 a session

Continuing regular exercise is essential for helping to avoid future exacerbations of any respiratory condition, so please come and join us

For more information, please contact Zoe on 07732 867864

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