

**North Bucks Breathe Easy Group**

(NB BEG)

RELAX, SLOW DOWN, BREATHE



Come and meet your local patient led support group, for anyone with any type of breathing condition, whether permanent or temporary; family and friends also welcome

We meet on the last Wednesday of each month at **The Winslow Bowls Club** for a cuppa and a chat, with speakers some months from **2.30pm to 4.30pm**

Our meetings are open to everyone.

If you feel you need support but don't think a monthly group is for you, then please let us know how we can help you.

For more information please contact Zoe on 07732 867864 or email [northbucksbeg@gmail.com](mailto:northbucksbeg@gmail.com)

information can also be found on the Asthma + Lung UK Website  
[www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

