



## **Better Breathers: Lung Health Support Group**

*Have you been diagnosed with a lung disease like asthma or COPD?*

*Do you want to connect with other people dealing with some of the same issues?*

We are partnering with the Lung Association, Alberta & NWT to provide a support group for individuals diagnosed with lung disease. This FREE group is meant to offer support and an opportunity to connect with others who may have similar concerns about their health.

This group is meant to be run by you and topics will be chosen based on what you want to know about.

Light refreshments provided.

Meeting the third Thursday of every month, from 1-2pm

Location: Breathe Well Physio  
#353, 4411 – 16 Ave NW

Upcoming 2019 Dates:

January 17

February 21

March 21

April 18

May 16

For more information, contact Breathe Well Physio at 587-355-3200.