

BREATHE GROUP

Promoting and enabling living well with your long term lung condition.

Come and join us on our 10 week programme.

We will be looking at how you can improve, learn and develop skills to live life well.

We meet weekly on Tuesday 2:30pm – 4pm.

Each session will include exercise plus the following:

Week 1	Introduction to the programme and meet the team
Week 2	Goal setting (with our Occupational Therapist)
Week 3	Managing anxiety (with our Psychotherapist)
Week 4	Aromatherapy and complementary therapy (with our Complementary Therapist)
Week 5	Breathlessness management (with our Physiotherapist)
Week 6	Energy conservation (with our Occupational Therapist)
Week 7	Question & answer session including advanced care planning (with our Psychotherapist and Occupational Therapist)
Week 8	Walk with labyrinth
Week 9 Physiotherapist)	Exercise and oxygen use and inhaler technique (with our
Week 10	Celebration event

You will be invited back after 9 weeks to visit and give feedback about your ongoing journey.

Pendleside • Colne Road • Reedley • Burnley • BB10 2LW

Please ring for more information Tel: 01282 440101