

Invites You to

Campbell River Better Breathers

A monthly education & support group for people with chronic lung diseases such as COPD (which includes emphysema and chronic bronchitis,) pulmonary fibrosis, lung cancer and asthma.

The Better Breathers group of Campbell River welcomes anyone with a lung condition who wants to learn more about it.

Family, caregivers, friends & community members are also welcome. Please plan to attend to gather information for yourself or for someone you know.

**Topic: BENEFITS OF EXERCISE & WHAT IS AVAILABLE
through
PARKS RECREATION & CULTURE in CAMPBELL RIVER**

Speaker: Mary Fast, Fitness Supervisor

Date: Wednesday, February 22, 2017

Time: 1:30 pm – 3:00 pm

**Place: Sportsplex
Activity Room 2
1800 S Alder St, Campbell River**

**For further information call Diane at BC Lung Association
Phone: 1-800-665-5864 / Email: ablog@bc.lung.ca**

This is a scent-free event