**Are you breathless?**

**(Even just a little bit)**

**Do you have a lung condition?**

**(it doesn’t matter how severe)**

**Don’t be alone!**

**Come along to our free to join group.**

**We meet regularly socially, have monthly speakers**

**(including respiratory care health professionals), take trips etc.**

RUN BY, AND FOR, PEOPLE WITH RESPIRATORY DISEASE

**Monthly programme, all on Tuesdays below :-**

- Week One - Social at Copper Beech, Neasham Road

12-30 (LUNCH) – 14-00 (SPEAKER) – 15-00 (END)

- Weeks Two, Three, Four (and Five if applicable) –

BLF Breathe Easy Active Class at Corporate Personal Fitness,

Business Central, 2 Union Square 2pm to 3pm (a small applies)

**Monthly programme – Summer Addition (April to September)**

Walk in South Park- Meet at 11.30 at Clock Tower, in cafe if weather bad. **First Wednesday** of the month, when we have no BLF Breathe Easy Active. Short & longer walks as requested.

Friends, carers and family are always welcome.

Contact us:- Search - Breathe Easy Darlington

e-mail - breatheeasydarlington@hotmail.com

call - BLF Helpline- 03000 030 555

 BLF web /BreatheEasy/Detail/Darlington