



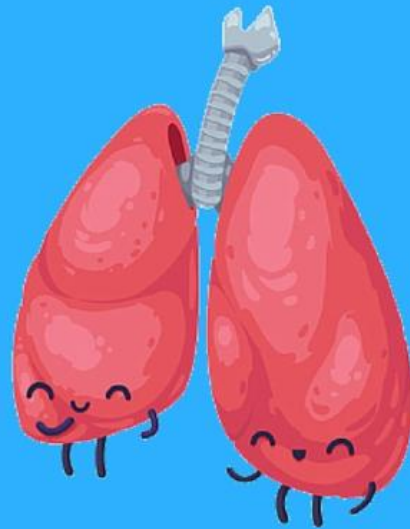
www.birminghamcarershub.org.uk

Love Your Lungs

Support for Chronic
Obstructive Pulmonary
Disease (COPD)

Tues 26 July 2016
10am - 3pm

The Saffron Centre,
Moseley B12 0BS



Love Your Lungs: An Exciting New Programme for COPD Support

Greetings!

Are you or a loved one living with Chronic Obstructive Pulmonary Disease (COPD)? There's a new, exciting 48 week programme to support those with COPD in a friendly, fun and interactive environment!

You are invited to attend the Love Your Lungs launch event on **Tuesday, 26 July 2016 from 10am to 3pm**. Come along and find out more about this exciting programme and the ways you can receive free support!

Our programme involves:

- Free professional advice

- Friendly and supportive group
- Nutritious lunch
- Meditation and yoga
- Book club
- Much more!

Organised by Health Exchange in partnership with Birmingham South Central Clinical Commissioning Group and Heart of England NHS Foundation Trust.

The event is free, but let us know you're coming by signing up [HERE](#). Hope to see you there!

Warm wishes
Simon Fenton
Chief Executive, Forward Carers


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Birmingham Carers Hub Team



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