

# Breathe Easy Ilkeston

A support Group for people with all lung conditions including; COPD, Asthma and Bronchiectasis plus - support for carers, friends & family in the Ilkeston area

Meetings will be held at:

Nottingham Road Methodist Church  
Nottingham Road, Ilkeston  
Derbyshire, DE7 5BB  
1.30 - 3.30 pm

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|------------------------------|---|
| Weds 21 <sup>st</sup> March  | Quiz Time - What do you know about your lung condition? - <i>The team</i>   |
| Weds 18 <sup>th</sup> April  | Living with long term lung conditions<br><i>Expert Patient &amp; Pulmonary Team</i>   |
| Weds 16 <sup>th</sup> May    | Eating to Breathe - <i>Shirley Hjorth</i>   |
| Weds 20 <sup>th</sup> June   | Chair Based Exercise - <i>Jo Mist</i>   |
| Weds 18 <sup>th</sup> July   | Sponsored Walk - <i>The Team</i><br><i>(This will be at Shipley Park Visitors Centre, if weather is bad, we will be at the usual venue)</i> |
| Weds 15 <sup>th</sup> August | You and your GP - <i>Markus Henn (To be confirmed)</i>  |

**For More Information please contact:**  
**Darren Bailey - 07789 817481**  
**Or**  
**Respiratory Nurse Office - 0115 9512338**

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- [www.lunguk.org](http://www.lunguk.org)