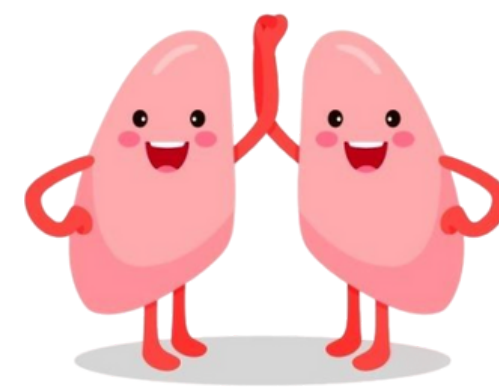




Asthma and Lung UK



BREATHE EASY GROUP

Support Group

The Breathe Easy Group in Hedge End is a local support group for anyone living with a lung condition. We meet once a month, and our sessions include:

- Guest Speakers.
- Tips and Information on Managing your Condition.
- Peer Support/Meeting New People.
- Arranging Group Outings and Activities.
- Most importantly... a good cup of tea or coffee.

Fitness Fridays

Join our friendly, non-competitive and supportive exercise sessions in Hedge End.

Fitness Fridays run every Friday from 2:00-3:00pm, excluding the 2nd Friday of the month.

The exercise class is for a range of capabilities, with plenty of options to find what works for you.



Attend with friends, family or your partner. Make new friends that understand what you're going through, and learn more about living with a lung condition.

**2ND FRIDAY
OF EVERY
MONTH**

UNDERHILL CENTRE

St Johns Road, Hedge End,
Southampton, SO30 4DU

**FROM
2:00PM TO
4:00PM**

To Find Out More, Contact Our
Group's Co-ordinator: Celia Farmer



01489 573 321



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