



# Easy Breathe

## RESPIRATORY SUPPORT GROUP

Lung disease doesn't just affect the lungs  
– it can have a huge effect on day-to-day life too.

The 'Easy Breathe' self-help support group is for  
anyone affected by or caring for someone with a  
respiratory condition.

We get together to share experiences, chat over a  
coffee and cake. Come along to find out more.

**Second Monday of every month 11am - 12.30pm**

# The Coates Centre

*For those whose lives have been impacted by illness*

Situated in the grounds of Oakhaven Hospice,  
Lower Pennington Lane, Lymington SO41 8ZZ.

Tel: 01590 677198 or visit [www.thecoatescentre.co.uk](http://www.thecoatescentre.co.uk)

