

# BETTER BREATHERS



# THE BETTER BREATHERS

A QUINTE COPD WELLNESS GROUP

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A MONTHLY MEETING TO CONNECT WITH OTHERS  
LIVING WITH COPD. MEETINGS ARE HOSTED BY A  
HEALTH CARE PROFESSIONAL AND INCLUDE:

- ▶ AN OPPORTUNITY TO SHARE YOUR EXPERIENCE
- ▶ A CHANCE TO ASK QUESTIONS OF OTHERS LIVING WITH COPD
- ▶ INFORMATION ABOUT MANAGING YOUR LUNG DISEASE

IF INTERESTED, EMAIL US AT

[THEBETTERBREATHERS@GMAIL.COM](mailto:THEBETTERBREATHERS@GMAIL.COM) TO JOIN OUR CONTACT LIST!

