



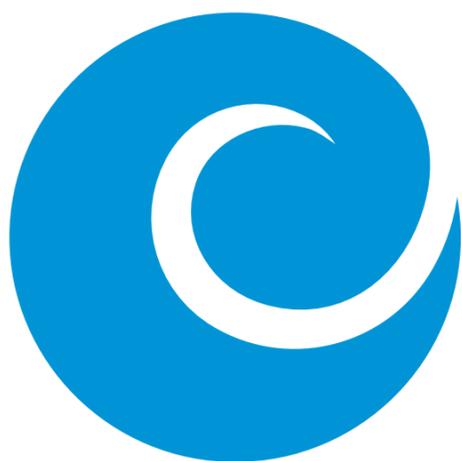
THE BETTER BREATHERS

A COPD Wellness
Group

A Virtual Video Session connecting others
living with COPD

Meetings are hosted by Health Care
Professionals and include:

- An opportunity to share your experience and ask questions
- Information about managing your lung disease.



Belleville & Quinte West
Community Health Centre

Email us at
thebetterbreathers@gmail.com to
join our contact list!

Save the dates : Feb 28th, March 27th, April
24th
From 11am to 12pm.