



The Breathing Space

**A group for people with a
life-limiting lung condition
such as Pulmonary Fibrosis,
COPD, Emphysema or
Lung Cancer**

First Wednesday of every month

In-person: 2.30pm to 4pm (Sunflower Centre, St Leonard's Hospice)

Online: 2.30pm to 3.30pm

Sessions alternate monthly between in-person and online.

You're welcome to join either or both.

Please get in touch before your first visit so we can share the details with you.

Share experiences, connect with
others, and focus on living well. Family
members and carers are welcome.

To tell us you're coming or to find out more **01904 777 770**