

Better Breathers Club

SUPPORT FOR PEOPLE WITH COPD OR OTHER LUNG CONDITIONS



The Better Breathers Club is a welcoming support group for people with COPD or other lung diseases.

The Club offers the opportunity to learn ways to better cope with COPD while getting the support of others who share in your struggles. The support group gives you the tools you need to live the best quality of life you can.

If you feel alone and isolated, this support group can help. It feels good to talk with others who understand, and can have a positive impact on your health.

COST: FREE

WHEN/WHERE: Second Monday of the month, 11:30-12:30 p.m., Alta Vista Senior Living, Granite Room, 916 Canterbury Ln., Prescott.

Valet service is available or there is shuttle service from the parking area.

INFORMATION: Call 771-5264
The Better Breathers Club lasts one hour and runs August through May.



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