

Living Well with

COPD

Chronic Obstructive
Pulmonary Disease

Six week program
for people with
COPD (and their
families) to learn
to better manage
this condition.



Have you heard the letters COPD and wondered what they mean? Have you been told you have a breathing problem? Join *Living Well with COPD* today.

March 27th to May 1st 2018

Tuesdays 10:00am - 12:00 pm

For more information, call: (613) 930-4892. ext. 229

www.seawayvalleychc.ca