

Do you have COPD?

Join the **Lungs in Action** exercise group



A fun and safe environment to improve your fitness for FREE!

Lungs in Action is a safe exercise class for people with stable chronic lung conditions, run by Rebecca Hannon who is specially trained in exercising people with lung disease and heart failure.

Classes are suitable for people using supplemental oxygen and / or walking frames. There are seated options for every exercise.

Lungs in Action is an initiative developed by Lung Foundation Australia.

**Unit 5/74 Mileham Street
South Windsor**

**Tuesdays 11.30am-12.30pm
Thursdays 11.30am-12.30pm**

Contact Rebecca 0404 871 484



ST JOHN OF GOD
Health Care

**Hawkesbury District
Health Service**



**Lung
Foundation
Australia**
Lungs in Action



NEPEAN
BLUE MOUNTAINS
An Australian Government Initiative



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