



# KEEPING ACTIVE WITH A LUNG OR HEART CONDITION!

## ***COPD***

Classes are for anyone suffering with severe Asthma and Chronic Obstructive Pulmonary Disorder (COPD).

Exercises are tailored to you, aiming to improve breathing, strengthen muscles and manage your condition, improving your quality of life!

Classes are run by qualified Respiratory Exercise Instructors

## ***PHASE IV CARDIAC REHAB***

Classes are a crucial part of recovery and prevention for people who have suffered a cardiac event, reinforcing positive lifestyle changes and supports participation in becoming active and healthy in a friendly and safe environment.

Classes are run by BACPR qualified Instructors

**ALL CLASSES £3.60 PER SESSION, MEMBERSHIP OPTIONS AVAILABLE.**

For more information, email: [ebhealthy@everybody.org.uk](mailto:ebhealthy@everybody.org.uk)  
or phone: 01270 685589