

Got breathing issues? Get dancing!

£3.50 per
class
Booking
essential



Dance Easy - Tuesday 2-3pm, Sale
Leisure Centre, starting 21 Feb 2023

Specifically
designed for
breathless people

COPD
Asthma
Emphysema
Pulmonary fibrosis
Bronchiectasis and more

Professional dance instruction
Clinically supervised

Please consult either:

Your GP for a 'physical activity
referral'

Your pulmonary rehabilitation team
Your consultant physician

- before attending class

BreathChamps CIC - Breathe Better Have Fun
Places limited - book now!

☎ 07941 790 670 breathchamps@brightnessmanagement.org.uk

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