



## Join our lively BreatheEasy Social Group!



### For people living with lung disease & asthma including partners, family, carers and friends

#### What's happening?

- invited guest speakers
- seated yoga
- fun general knowledge quizzes
- refreshments
- and much more



#### When

Wednesday, starting 21 January 2026 and fortnightly after.

#### Time

2:00pm – 4:pm

#### Venue

The Sports Hub, Elphinstone Road, Hastings TN34 2AX

#### Why join us?

- Gain knowledge and skills that improve wellbeing.
- Feel more confident managing your lung condition.
- Reduce unplanned GP visits and hospital admissions.
- Be part of a friendly community and meet people in similar situations.



As a carer, I felt happy that Bill could meet other people in a similar situation to himself, and I was able to take to other carers which helps me a lot

I found out so much when I started going to the group. To feel accepted means the world to me and helps me feel in charge of my COPD

You can call us on 07949 811599 or 07969 490379 or email us at [breatheeasyeastbourne@gmail.com](mailto:breatheeasyeastbourne@gmail.com)

Our website: [Lung Disease | BreatheEasy Eastbourne | Eastbourne](http://Lung Disease | BreatheEasy Eastbourne | Eastbourne)