



# Breathe easier this winter

**A free event for people of all ages who want to learn how to manage their COPD and Asthma symptoms**

- When?** 4th September 2024, COPD 12.30pm-2.30pm, Asthma 3pm-5pm
- Where?** Holiday Inn, Wellowgate, Grimsby, DN32 0RA
- What?** A free, friendly event for people with COPD or Asthma who need a bit more support with their symptoms. Information, short talks and the chance for them and their carers to meet other people over a cuppa! The Asthma session is also open to school age children to attend with their parent/carer.
- How?** Visit <https://BreatheEasier.eventbrite.com> or scan the QR code to book your place on either the COPD or Asthma session. You can also ring 01472 266999 and give your details to the Care Plus Group reception team. Booking is essential as places are limited.



Browse our local health provider stalls. Find out how they can help you and how you can access their services

Listen to local health care professionals talk about:

- Vaccinations that can help you stay well
- What Obstructive Pulmonary Disease (COPD) is and how you can help yourself feel better
- What Asthma is and how you can help reduce symptoms

Watch demonstrations how to get the most out of inhalers

**Tea and biscuits will be available and a free raffle to win a nutritious fruit basket.**