

BLF Breathe Easy

If you would like to learn more about your lung condition, make new friends and get out of the house for a few hours each month, come to Breathe Easy.

The meetings welcome carers, family and friends too.

The Breathe Easy group meets at:
Tavistock Area Support Services,
The Anchorage Centre,
Chapel Street,
Tavistock

Breathe Easy group meets on the last Wednesday of each month
from **2.30pm** to **4.30pm**

For more information, please ring:

Margaret: 01822 616767

Jeanna: 01822 618336

To contact British Lung Foundation support network:

Helpline: 08458 505020

Email: breathe.easy@blf-uk.org