

# Do you have COPD?

Join the **Upbeat Lungs** exercise group



**A fun and safe environment  
to improve your fitness for FREE!**

**Upbeat Lungs** is a safe exercise class for people with stable chronic lung conditions, run by Rebecca Hannon who is specially trained in exercising people with lung disease and heart failure.

*Classes are suitable for people using supplemental oxygen and/or walking frames. There are seated options for every exercise.*



**Unit 5/74 Mileham Street, South Windsor**

**Monday, Tuesday and Thursday 11.30am-12.30pm**

**Contact Rebecca 0404 871 484**



**Nepean Blue Mountains  
Local Health District**

