



Bay Health &
Care Partners
delivering



MORECAMBE
BAY RESPIRATORY
NETWORK

Breathe Easy

Breathe Easy is an informal drop in for anyone aged 18 and over, living with any respiratory condition.

At our Breathe Easy groups, we can advise you about support and services available locally and provide you with the chance to share your experiences and learn from others in a similar situation.

Each month you will hear from a new and interesting guest speaker and there will be the opportunity to take part in activities and mindful movement.

Our Breathe Easy groups are affiliated to the Morecambe Bay Respiratory Network.

Breathe Easy Kendal

Kendal Leisure Centre, Burton Road, Kendal, LA9 7HX

3rd Thursday of the month

1-3pm

The first session is Thursday 19th May

No appointments or referral is necessary; friends, family and carers are welcome.

Further information can be found out at: www.baybreathing.com

Or contact Cara Stride on cara.stride@mbht.nhs.uk 01539 777 337