

BETTER BREATHERS EDUCATION & SUPPORT GROUP



North Shore Better Breathers
is a monthly education & support group
for people with chronic lung diseases
and for family members & friends.

2011 SCHEDULE OF EVENTS:

(Topics Subject to Change)

- FRIDAY, OCTOBER 7:** ***COPD – COPING WITH WINTER***
Presenter: Barbara Moore, RRT
Respiratory Disease Educator
- FRIDAY, NOVEMBER 4:** ***Part A – BEST DIET FOR COPD PATIENTS***
Presenter: Ellen Mackay, RD
Clinical Registered Dietitian
Part B – EXERCISE FOR COPD PATIENTS
Presenter: Min VanVelzen, BHK
Exercise & Lifestyle Consultant
- FRIDAY, DECEMBER 2:** ***MILD DEPRESSION & COPD***
Presenter: Nicole Maier, RN, MA, RCC, CCC
Specializing in Chronic Diseases

Where: **Garden Room ~ 1:00 – 3:00 pm**
West Vancouver Community Centre
Ground Floor, 2121 Marine Dr, WV

To Register: Contact Rosemary Smith, Admin. Coordinator
Phone: 604-904-6200 x4150
email: rosemary.smith@vch.ca

**Lung disease can make life hard to take.
Together, we can make it easier.**

Brought to you by VCH – North Shore Chronic Disease Services

