



# YOUR BREATHING MATTERS

## FREE Online sessions



We developed these sessions with people who live with respiratory conditions and their families, to provide everyone with easy access to information and support.

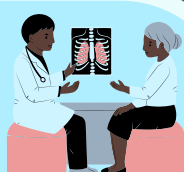
### FEBRUARY

- Thursday 23rd
- 1-2pm



#### How Can Chest Heart & Stroke Scotland Help You?

#### Understanding Idiopathic Pulmonary Fibrosis



### MARCH

- Thursday 30th
- 1-2pm

### APRIL

- Wednesday 26th
- 1-2pm



#### Living Well with Your Chronic Respiratory Condition

#### How to get the Best from Your Inhalers

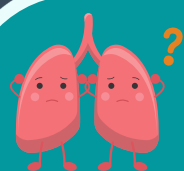


### MAY

- Thursday 25th
- 1-2pm

### JUNE

- Thursday 29th
- 1-2pm



#### Understanding and Living Well with Chronic Breathlessness

#### Living well with Bronchiectasis



### JULY

- Thursday 27th
- 1-2pm

### AUGUST

- Thursday 31st
- 1-2pm



#### How can Technology Help Me to Live Well?

#### Smoking - What difference does it make to lung health?



### SEPTEMBER

- Thursday 28th
- 1-2pm

### OCTOBER

- Thursday 26th
- 1-2pm



#### Are you Winter Ready?

#### Understanding Pulmonary Rehab



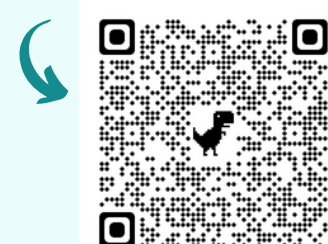
### NOVEMBER

- Thursday 30th
- 1-2pm

### Book Your Place

Book your spot now through  
Eventbrite:  
[www.bit.ly/YBM-2023](http://www.bit.ly/YBM-2023)

Scan here for  
more information



[www.bit.ly/RRH-YBM](http://www.bit.ly/RRH-YBM)