

Surehealth is a local charity offering support in the community for people with chronic illness

Yoga for COPD

Chronic Obstructive Pulmonary Disease

www.surehealth.org.uk



Cost
£4.00 or
£2.50
(concessions)

Our Yoga classes for people with COPD (*Chronic Obstructive Pulmonary Disease*) involve gentle exercises designed to help with managing breathing and breathlessness. Most exercises can be done sitting down.

- **Wolfe Road Centre at Wolfe Road, Foxhill, S6 1BT.**
Day: Monday **Time:** 1.00-2.30
- **Victoria Methodist Church Hall, Stafford Road, Sheffield S2 2SE.**
Day: Wednesday **Time:** 11.00-12.30

To join call:
0114 249 6511