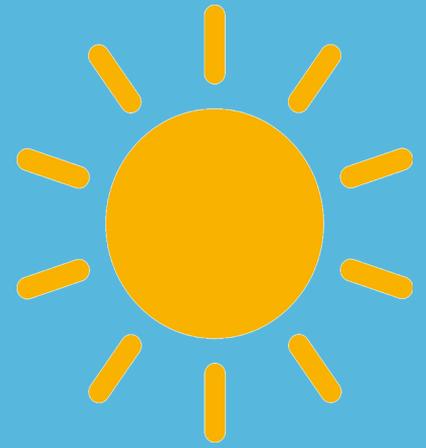


# Better Breathing Company



## **THE EAST GRINSTEAD COPD SUPPORT GROUP**

**Monthly meetings  
Mondays 10.30—12.30 at  
Glen Vue Community Hub  
Railway Approach, East Grinstead, RH19 1BS**

**To find out more, contact Loral Bennett on  
01342 302232 or [loralbennett@hotmail.co.uk](mailto:loralbennett@hotmail.co.uk)**

Come and join our friendly group. We can offer support, advice, a social outlet, information and guest speakers. Or just the opportunity to chat with people who share your difficulties.

**Just Breathe.....**

A stylized illustration of blue mountains with white snow-capped peaks, located at the bottom of the page.