

## CHSS LOGO: living well with COPD

**Woman 1:** Well I was diagnosed with COPD about 8 years ago.

The thing that I had was shortness of breath as well I actually thought it was asthma that I had

**Man 1:** My life's changed with going to Pulmonary Rehab it's given me more confidence.

**Woman 2:** It's an afternoon we look forward to, we have exercises, we have a blether, a laugh

**Man 2:** The Chest Heart & Stroke Scotland help our group.

**Woman 3:** I like coming to the support group because it's company and it does help

**Man 3:** it's like a cloud lifting off because I learned all about my COPD. I knew there was a life with COPD

**Woman 4:** my favourite thing is the gossip! (laughter) and the laughs that we get. I would advise anyone with COPD to definitely go to these classes.

CHSS logo: For more information please call our Advice Line free on 0808 801 0899

CHSS logo: Thanks to the Forfar Airways Group & The Warblers