

Active

LIFESTYLE SCHEME

Breathe Easy

A pulmonary rehabilitation programme delivering structured chair based exercises to patients with limiting symptoms due to respiratory conditions such as COPD. People with COPD who exercise regularly have improved breathing, less severe symptoms and a better quality of life.



Centre	Day	Time	Instructor
Aylestone Leisure Centre [0116] 233 3040	Monday	12.30pm – 2pm	Kate Wilson
New Parks Leisure Centre [0116] 233 3080	Thursday	12noon – 1pm	Priti Raithatha
Spence Street Sports Centre [0116] 299 5584	Tuesday	11.30pm – 1pm	April Alcott

Talk to your GP/Healthcare professional about the Breathe Easy Programme, call 0116 454 6768 or click “Get Active” at this link for more details:
www.leicester.gov.uk/ourhealthycity

