



BREATHING SPACE
NORTHAMPTONSHIRE



COPD EMPOWERMENT COURSE

Newly diagnosed with COPD?
Frequently accessing primary or
secondary care services for your COPD
symptoms? Our 4-week COPD
Empowerment Course is for you

- 1-2-1 GP consultation to review current symptoms & treatment – creating an individualised plan to manage your condition
- Patient Empowerment Programme delivered by our GP
- Education on the following: Breathing; Anxiety & Depression Management; Mindfulness; Nutrition
- Exercise
- Input from other professionals

Breathing Space admin:
07495 093585

breathingspace@
northamptonshire-
carers.org

Location:

Community
Spaces
Northampton
Unit 1 St Crispin
Community
Centre
St Crispin Drive
Northampton
NN5 4GJ

Time:

10.30am – 1pm



Onsite parking
available



Registered Charity No. 1061417
Company Limited by Guarantee No.
3328459

Integrated Care
Northamptonshire