

JOIN LUNGtivity^(TM)

SIGN UP FOR A CLASS BELOW:

JANUARY 2022

Tuesday - 1:30-2:00 pm - Winnipeg

Wednesday - 10:00-10:30 am - Gimli

Wednesday - 5:30 - 6:00 pm - Winnipeg

Friday - 9:00-10:00 am - VIRTUAL

Sunday 9:00-10:00 - VIRTUAL



LUNGtivity^(TM)

A community
exercise program
for individuals with
lung diseases such
as COPD

To register contact us at:
mb.lung.ca
or
204-774-5501

B R E A T H E
the lung association



JOIN OUR POST-COVID-19 SUPPORT GROUP ON FACEBOOK



A POST COVID-19
SUPPORT GROUP

B R E A T H E
the lung association

<https://www.facebook.com/groups/222152686360622>