



a HealthyNS Program

FREE Online Class COPD and Living Smoke Free (3 week series)



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to register

This nonjudgemental support group is for individuals living with COPD. The group offers education and strategies to work towards reducing or eliminating your nicotine use. Living with COPD can present unique challenges so let's come up with solutions to these challenges together.

Sign up today:

Visit: www.healthyNS.ca
or Click Here

