



a HealthyNS Program

FREE Online Class Move Well, Breathe Well: Staying Active with COPD

Regular physical activity can help you manage COPD, improve your breathing, and make everyday activities easier. Learn why physical activity matters, the different types of exercise to include, how to exercise safely, and practical tips for building an activity routine that works for you. There will be no guided exercise in this session.

Sign up today:

Visit: www.healthyNS.ca
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to register

