

**Would you like to learn more
about COPD?**



Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung disease, largely caused by smoking, and includes symptoms such as shortness of breath, coughing and frequent chest infections.

Attend a free COPD education session

These education sessions include information about:

What is COPD?

How do I know I have COPD?

How do I manage my COPD?

Sessions are held at Community Health Team locations in HRM.

For more information and to register:

› Phone: **902-719-6194**

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Would you like to learn more about Advance Care Planning?



Advance Care Planning is a process of thinking about and sharing your wishes for future health and personal care, including end-of-life care.

Attend a free Advance Care Planning education session

These education sessions include information about:

- What is Advance Care Planning?
- How do I complete a Personal Directive?
- Who should I choose to be my delegate decision-maker?

Sessions are held at Community Health Team locations in HRM.

For more information and to register:

- › Phone: **902-483-8943**

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