



Take a Deep Breath



Join the Breathing Better Group

The group meets every third Friday, January - October at Bristol Hospital. Everyone with any pulmonary diagnosis including COPD, CHF or asthma, and family and caregivers are welcome.

- Enjoy a lunch of sandwiches and soft drinks
- Registered Nurses and Respiratory Therapists available to answer your questions
- Chair yoga session
- Drawings for prizes
- All free of charge sponsored by Bristol Hospital

For more information, please call 860.585.3580

**Friday, May 17
11 am – 1 pm**

**Bristol Hospital
Hughes Auditorium
Brewster Road, Bristol**

- Enter through the Main Entrance
- Take first right
- Go straight past elevators
- Auditorium is on right

Valet parking available
at Main Entrance

**This month's guest speaker is
Chris Nodine, RRT**

**Her topic is
"Are You Getting Enough Rest and Relaxation"**

**BRISTOL**
HOSPITAL
and Health Care
Group, Inc.