



# BETTER BREATHERS

## THE BETTER BREATHERS

A Quinte COPD Wellness Group

EVERY 2<sup>ND</sup> TUESDAY OF THE MONTH  
FROM 1PM TO 2PM

THE 50+ CENTRE, LOCATED IN  
THE QUINTE SPORTS AND  
WELLNESS CENTRE  
265 CANNIFTON RD, BELLEVILLE, ON  
INFO 613-966-4632



**MUST BECOME A MEMBER (\$5 PER YEAR)**  
INCLUDES ALL ACTIVITIES / SESSIONS ON THE 50+ CALENDAR



Breathe. Sleep.