

#### **Templeton Respiratory Exercise**

Tuesday 10.30 – 11.30am Templeton Community Centre 64 Kirk Road

Contact: Margaret 03 347 8033

#### **Amberley Motus Rehab Class**

Tuesday and Thursday 10.30 to 11.30am

McAlpines Mitre 10 Mega Gym

77 Carters Road, Amberley

Phone: Maree 03 314 8477

#### **Kaiapoi Silver Fitness**

Tuesdays 10.30 to 11.30am Thursdays. 9.15 to 10.15am and Fridays 10.15 to 11.45am

> \$5 single \$6 couple

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\$5

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Kaiapoi Fitness Centre 48 Hilton Street

Phone Holly 327 7892

#### Ashburton O<sub>2</sub>Go

Wednesdays 10.15 to 11.15am \$2.50 Ashburton EA Networks Sporting Complex 20 River Tce

Contact: Jannette 03 3083361



Community Respiratory Service PO Box 741 Christchurch 8140 david.chen@ccn.health.nz Canterbury Community
Respiratory Support
and Exercise Groups

# Ngā Ropū Kai Tiaki o Ōtautahi



# For Better Breathing

24 May 2023

## What can we offer?

- ✓ FUN and EASY exercises
- ✓ Everyone is welcome
- ✓ Make new friends
- ✓ Share your breathlessness coping experience
- ✓ Latest information on breathing topics



# The support groups

(Cost is accurate as of November 2022)

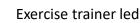
New B	Brighton	Gym	Circuit
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Tuesday & Thursday 1pm to 2pm New Brighton Snap Fitness

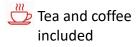
Contact: Violet 021 1513790

85 Bower Ave

\$2







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#### Bishopdale YMCA Sit & Be Fit

Thursday 10am to 11am at 13A Bishopdale Ct, Bishopdale. \$5 Contact: Reception at YMCA 359 8320

#### **Spreydon Respiratory Relief Society**

Thursday 1pm to 2.15pm The Lounge, First floor, Pioneer Stadium \$4 75 Lyttelton Street (lift available) Contact: David (03) 332 4471

## **Bishopdale Better Breathing Community Group**

Tuesday 10.30 am to 11.30am Bishopdale Community Centre 13 Bishopdale Court \$3 Contact: Gary 021 313 903

# **Richmond Better Breathing Coffee Group**

<u></u> Thursday 10.30am - 12pm Avebury House, 9 Eveleyn Couzins Ave \$3 Contact: Pauline 0274196328

## **Linwood Better Breathing Coffee Group**

Friday 1pm – 2.30pm	
Linwood Salvation Army Hall	
177 Linwood Ave	\$3
Contact: Pauline 0274196328	

#### **New Brighton Better Breathing Coffee Group**

Friday 10.30am – 11.30am St Andrew's Anglican Church 109 Marriotts Road \$3 Contact: Tarihira (03) 389 6728

### Rangiora Keep Breathing Group

Monday 10.30 – 11.30am Wednesday 1.30pm to 2.30pm Friday 10.30am to 11.30am Function Centre, Show Grounds \$3 Ashley St, Rangiora Contact: Amanda 021 142 0813

#### **St Albans Respiratory Relief Society**

Tuesday 1pm to 2.15pm St Albans Uniting Church Cnr Nancy Avenue & Knowles Street Contact: David (03) 332 4471



