

## **Templeton Respiratory Exercise**

Tuesday 10.30 – 11.30am **Templeton Community Centre** 64 Kirk Road

Contact: Margaret 03 347 8033



## **Amberley Motus Rehab Class**



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



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\$5

Kaiapoi Fitness Centre 48 Hilton Street

Phone Holly 327 7892

\$5 single \$6 couple

## 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 Rōpū Kai Tiaki ō Ōtautahi



# For **Better Breathing**

16 July 2024

## What can we offer?

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



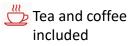
## The support groups

(Cost is accurate as of November 2022)

New Brighton Snap Fitness Gym	
Tuesday 1pm – 2pm	_
Thursday 11am - 12pm	
New Brighton Snap Fitness	\$2
185 Bower Ave	
Contact: Kat 0204261108	

	Exercise trainer le
*	Physiotherapist le

Consumer led



Bishopdale YMCA Sit & Be Fit	
Thursday 10am to 11am	
at 13A Bishopdale Ct, Bishopdale.	\$5
Contact: Recention 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

	<b>Richmond Better Breathing Coffee Group</b>		111
1	Thursday 10.30am – 12pm	<b>(</b>	$\square$
1	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 10am – 11.30am	
St Andrew's Anglican Church	<b>V</b> <u>L</u>
109 Marriotts Road	\$4
Contact: Tarihira (03) 389 6728 or	
021 028 54898	

Rangiora Keep Breathing Grou	р
Monday 10.30 – 11.30am	<u> </u>
Wednesday 1.30pm to 2.30pm	1
Friday 10.30am to 11.30am	
Function Centre, Show Ground	s \$3
Ashley St, Rangiora	
Contact: Amanda 021 142 0813	3

St Albans Respiratory Relief Society	<b>▲</b> :::
Tuesday 1pm to 2.15pm	
St Albans Uniting Church	
Cnr Nancy Avenue & Knowles Street	\$4
Contact: David (03) 332 4471	

