

BEDFORDSHIRE WELLBEING SERVICE

# LIVING WELL WITH RESPIRATORY CONDITIONS

## A FIVE WEEK COURSE FOR PEOPLE DIAGNOSED WITH CHRONIC RESPIRATORY CONDITIONS

- This course aims to educate and support people in coping with breathlessness and other challenges associated with a respiratory condition.
- It will help to build awareness of the practical and emotional impact it may have.
- It supports people to develop skills in managing their condition and live life to their full potential.

## How to contact us:

### Bedfordshire Wellbeing Service



01234 880400



[elt-tr.bedfordiapt@nhs.net](mailto:elt-tr.bedfordiapt@nhs.net)

## Course Venue:

Bedfordshire Wellbeing  
Service  
Gilbert Hitchcock House  
21 Kimbolton Road  
Bedford  
MK40 2AW

## Course Content:

- **Session 1: Understanding your condition**
- **Session 2: Coping with Anxiety and Breathlessness**
- **Session 3: Making change and overcoming challenges**
- **Session 4: Overcoming negative thinking and planning ahead**
- **Session 5: Maintaining progress**