

# WORLD COPD WEEK

## 13th-17th November



### LOCATIONS

**Monday 13th November**  
Westwood Hotel, Galway


**Tuesday 14th November**  
Radisson Blu Hotel, Athlone

**Wednesday 15th November**  
Wynn's Hotel, Dublin

**Thursday 16th November**  
Kilmore Hotel, Cavan

**Friday 17th November**  
Ambassador Hotel, Cork

### THE DAY INCLUDES:

- Your mental health - coping with COPD
- Nutritionist (supported by  NUTRICIA )  
Advanced Medical Nutrition
- Pharmacist - inhaler technique/medication information
- COPD Outreach (Dublin, Cavan, Cork)
- Smoking and help to quit
- Lung exercise sessions with Siel Bleu
- Spirometry testing for new diagnosis\*
- FREE Massages (limited number available)

Each event runs from 10.30 am to 4pm:

## FREE LUNG HEALTH CHECK

### Come along for a chat. Free tea and coffee.

[www.copd.ie](http://www.copd.ie)

Call The COPD Adviceline Freephone 1800 83 21 46

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\* Short assessment required.