

BREATHE EASY North Staffordshire Newsletter: February 2024

Summary of our Get-Together, 2nd February

Welcome

We had 15 attendees, including our Kelly and Kevin the guest speaker. *We had a few apologies this month due to illness/holidays, from Mary W, Victor and Bried.* We wish you all a speedy recovery (or great sunshine if you're abroad!)

Many thanks, to Alan for the lovely cakes!

Pulmonary Exercises

Kevin Greaves

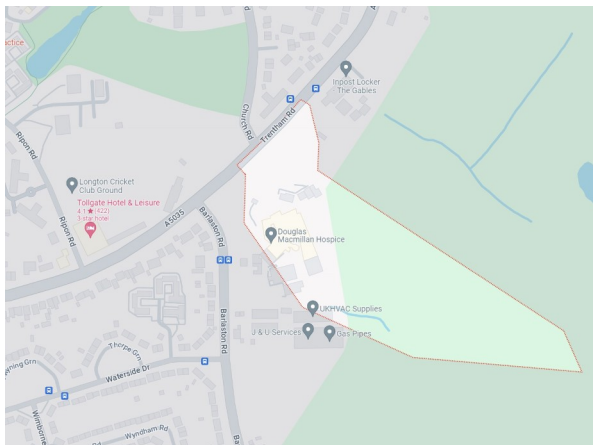
Kevin mentioned that the first Bens X session taking place on the 4th March starts at **14:00** hours.

- Don't eat immediately before the session starts leave an hour before the session starts.
- Please wear sensible footwear.

I have attached Kevin's slides to the newsletter email and printed copies to members who are on the newsletter mailing list.

As a reminder the location is the Wellbeing Centre, Dougie Mac, Barlaston Road, SOT, ST3 3NZ.

We have currently 9 people signed up for this session.



Many Thanks Kevin!

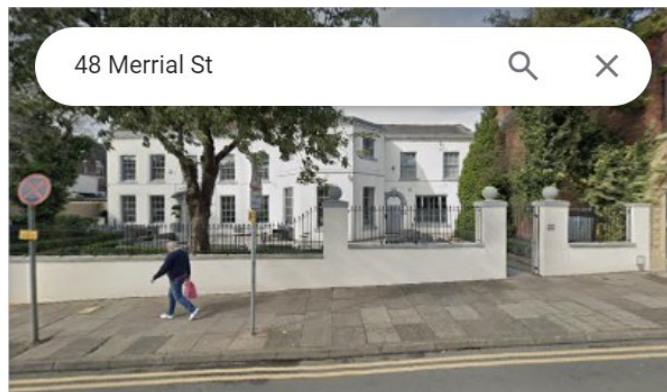
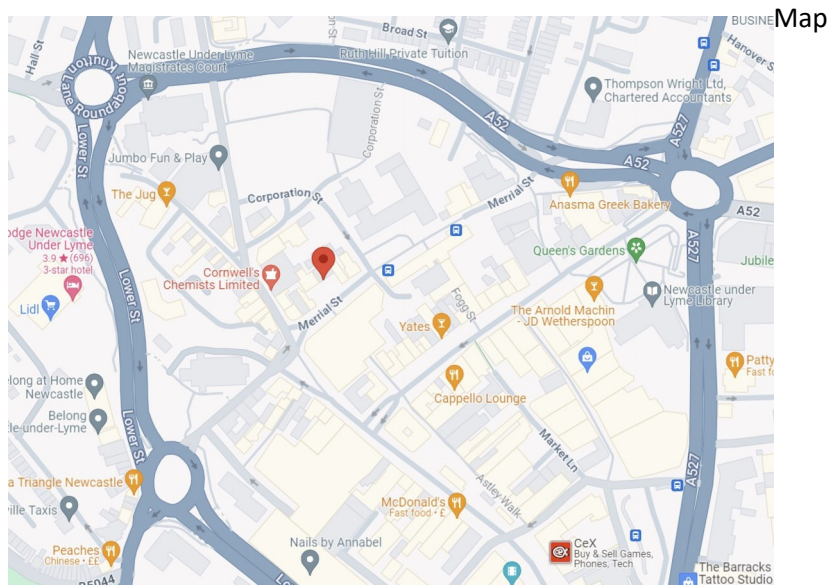
Bens 20th: Friday 1st March, The Carlton Newcastle-U-Lyme

So far 17 people have registered for this event.

If you want to come but haven't contacted me yet, please do so by **15th February** so that I can estimate the quantities for catering. The cost per person will be £5 for £10 worth of food

Please remember, you will need to pay for your meal to the treasurer on the day.

Location of The Carlton (Full address: 48-50 Merrial Street, Newcastle-under-Lyme, ST5 2Aw



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