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@lunguk

Have you tried pulmonary rehab? It can be difficult to get booked on to a course at the moment, with wait times longer than ever. We're offering two free taster sessions as part of our online support group. Come along and give it a go.

Sign up here  [blf.org.uk/
support-for-yo...](https://blf.org.uk/support-for-you...)

Living with a lung condition
can be difficult

Let's talk about it

Join our **FREE** online
support group

Find out more



Tweet your reply

