



BREATHING SPACE
NORTHAMPTONSHIRE

COPD EMPOWERMENT COURSE

Newly diagnosed with COPD?
Frequently accessing primary or
secondary care services for your
COPD symptoms? Our 4-week
COPD Empowerment Course is for
you

- 1-2-1 GP consultation to review current symptoms & treatment – creating an individualised plan to manage your condition
- Patient Empowerment Programme delivered by our GP
- Education on the following: Breathing; Anxiety & Depression Management; Mindfulness; Nutrition
- Exercise
- Input from other professionals

Location:

Community Spaces
Northampton
Unit 1 St Crispin
Community Centre
St Crispin Drive
Northampton
NN5 4GJ

Time:

10.30am – 1pm



Onsite parking
available

Breathing Space admin: 07459 093585
breathingspace@northamptonshire-carers.org



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Integrated Care
Northamptonshire