

# Do you say 'yes' to any two of these questions?

**Ex-smoker over 35?  
Chesty cough in the morning?  
Breathless walking up stairs?  
Lots of winter colds/coughs?**



**If so, you may have a lung problem called  
Chronic Obstructive Pulmonary Disease (COPD).  
Something can be done about it,  
and the sooner the better.**

**Come along for a simple breathing test on  
Wednesday, 16th November 2005,  
10.00 - 4.00 pm at the  
Partners in Health Centre, 163 Yardley Green Road,  
Birmingham B9 5PU.**

**Also at this event you can get advice on breathing techniques, keeping  
active, eating healthily, staying warm, getting benefits and,  
importantly, on the best ways to stay in control of your condition.**

*For further information, please contact Jackie Small,  
Health Promotion Specialist, on 0121-380 0645*