

Winter can be life and breath.

When **breathing** is hard, **nothing** is easy.

We know that winter can feel like life and breath.
But we're here to support you this season.

When breathing is hard, nothing is easy – and this is especially true over winter.

Our Winter Wellbeing Guide is a great resource for helping people with a lung condition manage over the months ahead.

By answering a few short questions about their condition and symptoms, patients will get free, personalised health advice sent to their inbox.

Have your patients signed up for our Winter Wellbeing Guide? 96% of people who signed up last year found our guide useful for managing their lung condition.

Learn more: AsthmaAndLung.org.uk/winter

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