

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 you manage your lung condition over the months ahead.

By answering a few short questions about your condition and symptoms, you'll get free, personalised health advice sent to your inbox.

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

Sign up today:

AsthmaAndLung.org.uk/winter

**ASTHMA+
LUNG UK**

AsthmaAndLung.org.uk/winter