



**Living with a lung condition?**

**There's local support and information available to help you live well.**

'Breathe Easy' is your local support group for anyone affected by a lung condition, including family and friends.



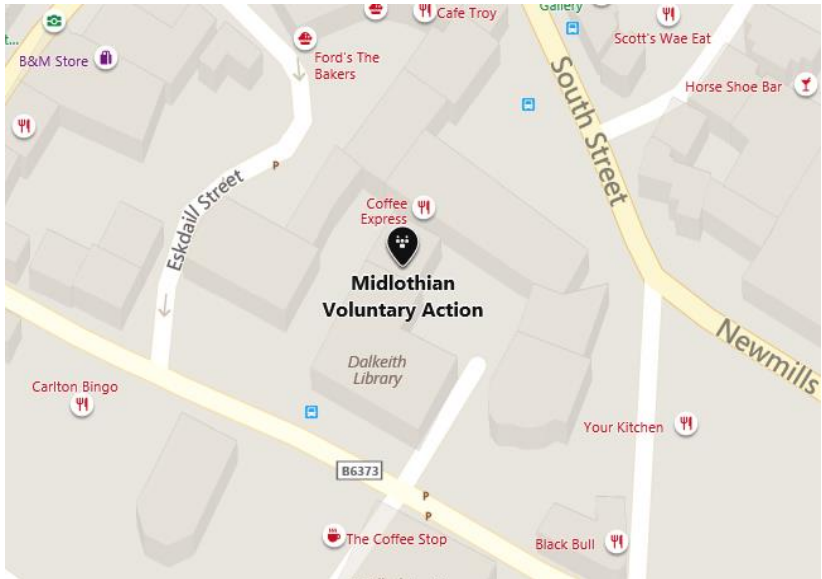
### **Breathe Easy Dalkeith & Bonnyrigg**

Join us on the 1<sup>st</sup> Tue of every month  
2-4pm

Midlothian Voluntary Action, 4-6 White Hart St,  
Dalkeith, EH22 1AE (down lane beside library)

There are regular talks from healthcare professionals, as well as other local services and organisations. It's a welcoming, supportive environment. The group is free to attend, a voluntary donation is welcome to cover refreshments.

**Just come along, or for more information contact Isobel on 07727 104508 or Jean on 0131 663 6966**



The following buses stop in Dalkeith centre,  
close to Midlothian Voluntary Action **3, 33, 49, 140**

Timetables can be accessed online  
<https://www.lothianbuses.com/timetables/>

Lothian Buses 0131 555 6363