



## **INTRODUCING A COPD SUPPORT GROUP**

### **M A G I C**

*(Manukau Airways Group Inspiring Confidence)*

This group is organised by and for people who have Chronic Obstructive Pulmonary Disease (COPD), ie Chronic Bronchitis and Emphysema, Asthma or Bronchiectasis, and who reside in Counties Manukau.

MAGIC is supported by the Respiratory Team from Counties Manukau DHB and was formed in mid-2001. The numbers attending are 20-25 each month. Some people who attend have completed the Middlemore Hospital Pulmonary Rehabilitation Programme.

#### **FORMAT:**

- A brief meeting where ideas and suggestions are discussed.
- Easy/gentle exercises for 15-20 minutes.
- Guest Speaker, (sometimes health related).
- Tea/coffee with biscuits, and some time for socialising.

#### **DONATION:**

- \$4:00 is requested to cover the cost of hiring the premises, providing morning tea and postage for newsletters.

#### **PARKING**

- Plenty of free parking!!!!.

Everyone is welcome to purchase lunch &/or socialise at the club afterwards.

For more information phone the President, Janet Gifkins 262 4453.

# **M A G I C**

***Manuaku Airways Group Inspiring Confidence***

**Venue: Manurewa RSA,  
2-8 Maich Road, Manurewa**

**Date: Last Wednesday of every month**

**Time: 10:15am start (finishing approximately midday )**