

You're invited!

Community Lung Health Fair

Saturday, November 18th

11:00 am - 4:00 pm

Royal Canadian Legion, Maple Ridge

12101 224 Street, Maple Ridge



- ✓ Free quit smoking programs & services info
- ✓ Free flu shots for those at high risk
- ✓ Free lung health & breathing test screenings
- ✓ Tips on managing asthma, allergies and COPD
- ✓ Info on local air quality and health issues
- ✓ Stay fit tips for those with breathing problems
- ✓ Coffee and snacks and a chance to win prizes!

Call toll-free 1.800.665.5864 or visit lungsforlife.ca for more details.