



Understanding and Managing Fatigue, Anxiety and Breathlessness (FAB) Group

Our FAB group is here to help you understand your symptoms and learn effective ways to manage them. The group provides an opportunity to share experiences and gain support from other participants.

Week 1 - Introduction and assessments

Week 2 - Understanding and managing breathlessness

Week 3 - Understanding and managing anxiety

Week 4 - Understanding and managing fatigue

Week 5 - Moving on and five ways to wellbeing



**Thursday
10.30am –
12.30pm**

If you are interested, please speak to a member of the St Luke's clinical team who can refer you.

 **At St Lukes Little Common Lane site**