



Do you have
COPD or Asthma?

Do you have a
child with Asthma?

Want to know about
**self management of
these conditions?**



www.MyLungsMyLife.org



My Lungs My Life is a free to use, comprehensive website for anyone living with COPD or asthma who wants to know more about self management. It will help you to work in partnership with your healthcare professionals to improve your health and well being.

My Lungs My Life offers practical advice and information using animations, graphics and film and audio clips.

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