

Catch Your Breath: Long-COVID Solutions

Having difficulty with managing your breathing
due to Long COVID?

Join Christine Campbell, a physiotherapist working
in private practice in Kingston, ON, as she shares
strategies and tips to help your breathing.

Friday October 13, 2023

3:00 pm– 4:00 pm

Register for this webinar:

****Full name required**

[https://ca01web.zoom.us/webinar/register/
WN_OnczQlzpQMmWVzVZDp6Vtw](https://ca01web.zoom.us/webinar/register/WN_OnczQlzpQMmWVzVZDp6Vtw)



How can I help myself?

How can I help someone else?

