

FRESH AIR FAIR

September 22nd 2018 10am-3pm

at the Respiratory BRC and Clinical Education Centre, Glenfield Hospital

Join us for a range of family activities

Arts and Crafts and Children's Entertainment

For all ages, have a go at breathing themed arts and crafts activities, such as balloon modelling to keep the youngsters amused, at our entertainment zone.

Yoga and Exercise

Specifically, but not exclusively, aimed at everyone with respiratory health problems. Find out how light exercise can benefit your health. Please wear suitable clothing.

Our rehab team demonstrates gentle exercises in the exercise lab throughout the day. Join for a quick session and get some great ideas.

Join our qualified yoga instructors for some breathing exercises and a gentle flow through different poses at 11.45 am and 1.15 pm, or for a taster session of the particularly gentle chair yoga at 2 pm.

Allergy and Asthma

Check out the allergy and asthma lab, find out about our research, and have a go with our super-microscope. Find out how we use donated human tissue to find out more about the role of different cells in allergies and see if you sort cells faster than the machine. Make your own "cellfie".

Body Composition

Find out what you're made of on our body composition scales.

Sputum Research

Find out about the research we do using saliva and mucus, have a look through our microscopes and make your own slime between 10am and 12.30 pm.

Smoking Cessation Panel Discussion and 'A happier life without smoking'

Join our expert panel and Stop Smoking Leicestershire between 2 and 3 pm and debate smoking versus vaping, and how smoking affects not only our physical, but also mental health. Join in the debate and enjoy an inspiring presentation of amazing life changes from people who successfully quit smoking.

Breathe Easy Choir

Did you know that singing is good for your health? See the Breathe Easy choir perform acapella at 11am and midday.

FREE COFFEE AND LUNCH

Let us know you're coming:

<https://www.eventbrite.co.uk/e/fresh-air-fair-tickets-49848509233>

