

Media Release

From: Jill Stringer, Communications Advisor

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Subject: Breathing Easy

Fifteen hardy souls braved the rain to attend their weekly exercise class last Wednesday, in the middle of Asthma Awareness week. “The can-can girls have got nothing on us” one quipped. This class is special – it’s for people of all ages with chronic lung disease.

“We’ve been running the class for about eight years” says co-ordinator and asthma/diabetes nurse educator Mollie Kainuku. “We know it makes a difference, because the people who attend tend to stay well”.

“I’ve been coming for 4 weeks” said newest recruit, Shirley Ford. “After the first class, the physio showed me how to use my diaphragm more effectively. I can now breathe better than I’ve been able to for years”.

Attendees come from all over the Wairarapa to the Epiphany Church Hall for the 1.30pm class, which starts with exercises, moves on to information sharing, and ends with afternoon tea. This week, Molly Kainuku discussed the importance of Flu vaccination for people with respiratory disease. Last week, it was the turn of physio Celia Carmen, showing how to use some speech sounds to improve lung function.

“We always have a good time”, says Barbara Cretchly, between leg raises. “It suits everyone, because we can do it at our own pace. Anyone can come. Everyone is welcome.”

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