



My Lungs My Life is a free self management website for anyone affected by

COPD (Chronic Obstructive Pulmonary Disease)
Asthma or for Parents of children with Asthma

Understand your COPD or Asthma using information, support links and practical advice. See animations and film clips to explain your lung condition and download pages from the site.

All content has been developed by respiratory healthcare professionals and independently reviewed by people with COPD and asthma in Scotland.



www.MyLungsMyLife.org



Selfhelp4stroke is a **free self management website for anyone who has had a stroke. Selfhelp4stroke can help you gain control of life after your stroke by helping you set goals and supporting you to achieve them.**

Animations and film clips explain things in detail and you are able to download the many resources available.

Selfhelp4stroke has been developed by stroke healthcare professionals and people that have had a stroke in Scotland.

Go ahead and help yourself to selfhelp4stroke.



www.SelfHelp4Stroke.org