

WHO CAN JOIN LDSG INC.?

Any individual that is affected by lung disease can become a member of the Lung Disease Support Group Inc. However, recognizing that it is not only the individual with the lung disease that needs support, we encourage the caregivers or "care partners" and other family to join and attend the meetings.

Learning and receiving support together helps to equalize the disease experience for all who are involved.



WHAT ARE THE BENEFITS?

People with lung disease may find that one of the worst aspects of their illness is the feeling that they are no longer in control of their health.

Those who seek out and join a support group often feel they regain a sense of control over their disease and thereby enter a positive cycle: They get out of the house, meet other people and most will become motivated to take action. They soon start to feel better both psychologically and physically.



TO MAKE AN INQUIRY, JOIN, VOLUNTEER OR MAKE A DONATION, CONTACT:

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www.ldsg.ca
www.ldsginc.blogspot.com
www.twitter.com/ldsginc
www.facebook.com/LungDiseaseSupportGroupInc

Support is just a breath away.



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WHAT IS LUNG DISEASE?

Lung disease is not just a disease you have to deal with; it is a disease that forces one to make lifestyle changes, which must be maintained forever.

Lung disease is a chronic illness. Studies have shown that people with a chronic disease who have strong support networks or belong to support groups have a better quality of life.

People diagnosed with lung disease need to find hope for the future, learn to laugh about the humorous aspects of their lives, enjoy social activities and have fun together!

LDSG Inc. was formed to meet these needs.

Learning and receiving support together helps to equalize the disease experience for all who are involved.

WHY JOIN LDSG INC.?

It is very difficult and overwhelming when you are first diagnosed with pulmonary disease.

Anger, anxiety, fear and a feeling of hopelessness are just some of the emotions you will have to deal with.

For this reason alone, it is crucial for someone with pulmonary disease to find a support group.

After all, where else can you go where people will understand what you are talking about?

There are many benefits of becoming a member of LDSG Inc.:

- Hope and encouragement.
- Discovering that it is okay to care about oneself and that anger, grief and loss, are common feelings and can be discussed.
- Social outings where you can chat and have a good laugh.
- Meet others who understand how you feel and are there to listen when you need to talk.

