

## NH LUNG HEALTH SUPPORT GROUPS

### **Breathe New Hampshire COPD Support Group**

145 Hollis Street, Unit C  
Manchester, NH 03101  
Contact: 603-669-2411 or [COPD@breathenh.org](mailto:COPD@breathenh.org)  
Meets on the second Wednesday of the month, 1:00 – 2:30 PM

### **Cheshire Support Group**

Cheshire Medical Center  
580 Court Street  
Keene, NH 03431  
Contact: Mary Ann Riley 603-354-6730  
Meets quarterly

### **Tobacco-Free or Trying to Be Support Group**

Contact: Kate McNally 603-354-6513  
Meets on the first Wednesday of the month

### **INSPIRE Pulmonary Support Group**

Southern NH Medical Center West Cafeteria  
Nashua, NH 03061  
[www.INSPIRENashua.org](http://www.INSPIRENashua.org)  
Contact: 603-577-5738  
Meets on the 3<sup>rd</sup> Monday of the month, 1:15 PM  
*Must have completed a pulmonary rehabilitation program at So. NH Medical Center*

### **Lung Health Support Group**

Portsmouth Regional Hospital  
333 Borthwick Avenue  
Portsmouth, NH 03801  
Meets 1<sup>st</sup> Tuesday of month, 1:00 PM, Conference Room 351  
Contact: 603-433-4015 / Erica Dulac or Marybeth Savage

### **Monadnock Easy Breathers Support Group**

Monadnock Community Hospital  
The Bond Wellness Center  
452 Old Street Road  
Peterborough, NH 03458  
Contact: Essy Moverman 924-4699 Ext. 4291  
Meets monthly on the fourth Friday, 1:30 – 3:00 PM

### **Pulmonary Support Group**

Wentworth-Douglass Hospital  
789 Central Avenue  
Dover, NH 03820  
Contact: Judy Fleming 603-742-5252 Ext. 2110  
Meets 3<sup>rd</sup> Friday of the month Dionne Room, Garrison Wing, 3:00 – 4:30 PM

### **Sarcoidosis Support Group**

Exeter Pulmonary/Critical Care  
9 Buzell Avenue  
Exeter, NH 03833  
Call 603-775-0234