

# Positions to relieve breathlessness

## Sitting



## Standing



## Lying



For further information, please contact a member of the hospice therapy team via the hospice OneCall helpline on **0800 5670 111**.

## We can help

St Elizabeth Hospice have a range of therapy services available. If you have any questions, please don't hesitate to contact us.

## Contact us

01473 727776  
enquiries@stelizabethhospice.org.uk  
stelizabethhospice.org.uk

St Elizabeth Hospice  
565 Foxhall Road, Ipswich, Suffolk, IP3 8LX