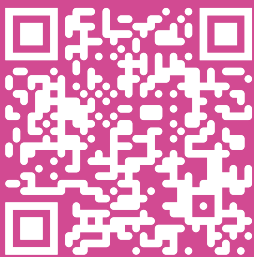


I WALK HER. SHE LIFTS ME.

Hazel lives with COPD and musculoskeletal pain, but that doesn't stop her. Regular short walks with her dog means small steps are big strides forward.



Watch
Hazel's
story



For little ways to move more with health conditions in **Blackburn with Darwen** visit weareundefeatable.co.uk/bwd

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