

# John's Story

Proudly supporting  
**WE ARE  
UNDEFEATABLE**



This is John.



John has Idiopathic Pulmonary Fibrosis, which is a lung and breathing problem.



John has a dog and enjoys long walks in the countryside.



John's illness got worse, and he struggled to breathe and needed an oxygen tank.



John had a lung transplant operation which gave him hope for a good life.

**re:fresh**  
your health and wellbeing

After John's operation, he was referred to the Refresh Team for rehabilitation.



John goes to gym classes and enjoys supporting others who are just starting exercise classes.



After his operation, John couldn't drive his car for six months and started walking more.

He can now walk longer distances.



John thanks the Refresh Team and his friends and family for their support.

He believes that without them he wouldn't be alive today.