

No cost No wait lists No referral required

BREATHE Better | Stay STRONG

***A virtual pulmonary rehabilitation program
from the Canadian Lung Association***

For individuals diagnosed with COPD, asthma, cystic fibrosis, pulmonary fibrosis, bronchiectasis, sarcoidosis or other interstitial lung disease

About the program

The program includes:

- An introductory module of self-assessments for health and well-being, self-management and exercise tolerance
- 8 learning modules
- A concluding re-evaluation module
- A 35-minute exercise routine that can be done seated or standing and adapted to different fitness levels (video)
- A breathing techniques video (pursed-lip breathing, diaphragmatic breathing, huff coughing, recovery breathing)
- Helpful tools, links to other trusted websites and downloadable resources
- A monthly online support group led by a respiratory therapist and certified respiratory educator

Each module covers a topic that is important to lung health or overall wellness.

- Understanding Your Lungs
- Symptom Self-management
- Medications for your Chronic Lung Disease
- Smoking and Nicotine Cessation
- Managing Moods and Wellbeing
- Nutrition for your Chronic Lung Disease
- Oxygen Therapy
- Advance Planning and Self-Management



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Canadian Lung Association
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