

No cost   No wait lists   No referral required

# BreatheSTRONG

*A self-paced online course to enhance knowledge, build self-management skills and reduce symptoms of chronic lung disease*

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

## About the course

The course includes:

- An introductory module of self-assessments for health and well-being, self-management and exercise tolerance
- 10 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
- Improving your Indoor Air Quality
- Smoking and Nicotine Cessation
- Outdoor Air Quality
- Managing Moods and Wellbeing
- Nutrition for your Chronic Lung Disease
- Oxygen Therapy
- Advance Planning and Self-Management



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**Canadian Lung Association**  
**B R E A T H E**