

## Our Exceptional Health Care Team Is Here For YOU!

Certified Respiratory Nurse Educator

Registered Nurse

Pharmacist

Social Worker

Registered Dietitian

Occupational Therapist

Respiratory Therapist



*Live Well, Breathe Easy* with the  
*Lung Disease*  
*Pulmonary Rehabilitation Program*  
at Rapids Family Health Team

**Next Session Starts:**

**To register call: 519-339-8949**



*Rapids*

Family Health Team

Phone: 519-339-8949

Fax: 519-339-9022

E-mail: [info@rapidsfhteam.ca](mailto:info@rapidsfhteam.ca)

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Sarnia, ON N7S 3A7



Ontario



*Rapids*

Family Health Team

## Living Well With Lung Disease

Rapids Pulmonary Rehabilitation



# 519-339-8949

## Why Should “I” Participate?

- ♦ To improve my quality of life
- ♦ To decrease my hospital visits
- ♦ To have fun participating in an interactive education and exercise program designed to teach me how to manage COPD or lung disease



## Why “I” need Pulmonary Rehab?

- ♦ To breathe easier
- ♦ Learn how to manage COPD and lung disease symptoms
- ♦ To slow down the progression of COPD



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Family Health Team

## Pulmonary Rehabilitation Program offers:

- ♦ A comprehensive assessment before and after the program
- ♦ Exercise within a fun and safe group led by trained nurses

### Education:

- ♦ Understanding lung disease
- ♦ Medication review
- ♦ Managing shortness of breath
- ♦ Exercises to do at home
- ♦ Risk factors and managing COPD exacerbations
- ♦ Oxygen Therapy, Travel
- ♦ Sleep Apnea
- ♦ Nutrition
- ♦ Managing the stress of COPD
- ♦ Smoking Cessation and Comorbidities

## Living Well with Lung Disease

*“I have been with the COPD program for 2 years now, and my breathing has improved tremendously... it is a great social group and we have a lot of fun”*

**COPD client, Diane Dyson, May 2015**

*“It has helped with my breathing when walking or climbing stairs”*

**COPD client, Bill Hardy, May 2015**

*“What a revelation! The program showed me what was happening in my lungs; I now understand the interaction of prescription medications, foods and the exertion on my functioning. The program has taught me effective methods of breathing and the proper use of my inhalers, it has helped me get control of my symptoms.”*



**COPD client, Fran Mandin, May 2015**