



Pulmonary Rehab Can Take You FROM WINDED TO WONDERFUL

PULMONARY REHABILITATION PROGRAMS INCLUDE:



Exercise and
strength training



Diet and nutrition
counseling



Health education
training



Breathing
techniques



Emotional
support

SUFFERING FROM A CHRONIC LUNG CONDITION?

It's time to stop ignoring the symptoms and start breathing easier. Our pulmonary rehabilitation team can give you the tools you need to manage conditions including asthma, COPD, post-COVID lung damage, emphysema and other issues that impact breathing and lung function.



Close, complete care is right here.

Ask your primary care provider about pulmonary rehabilitation at <hospital name> and learn more at <hospital website>.