



# Pulmonary Rehab Can Take You FROM WINDED TO WONDERFUL

## 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.

### PULMONARY REHABILITATION PROGRAMS INCLUDE:



Exercise and strength training



Diet and nutrition counseling



Health education training



Breathing techniques



Emotional support



**Close, complete care is right here.**

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