



# BREATHING IS EASY.

# UNTIL IT'S NOT.

**Pulmonary rehabilitation at <hospital name> can help you catch your breath and reclaim your life.** Our team gives people tools to manage conditions including asthma, COPD, post-COVID lung damage, emphysema and other issues that impact breathing and lung function. Respiratory therapists, providers and specialists work with entire medical teams to personalize plans that help patients take control of their health—and take back their lives.



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



## **PULMONARY REHABILITATION PROGRAMS INCLUDE:**

- Exercise and strength training
- Diet and nutrition counseling
- Health education training
- Breathing techniques
- Emotional support