**NRHRC Pulmonary Rehab Social Posts**

**GRAPHIC:** Breathing is easy. Until it's not.

**POST:** Pulmonary rehabilitation at <**HOSPITAL NAME HERE**> is a comprehensive program of exercise, nutrition counseling, health education and emotional support to help you manage the severity of symptoms, minimize the progression of breathing issues—and maximize your quality of life. Talk to your provider about this personalized, multi-week program and learn more at: <LINK TO WEB PAGE>

**GRAPHIC:** Pulmonary rehab can take you from WINDED TO WONDERFUL

**POST:** Save your breath—for the moments that take your breath away. Pulmonary rehabilitation helps people with chronic lung conditions learn skills to minimize the severity of symptoms—and maximize their quality of life. Our expert rehab team includes respiratory therapists, specialists, physicans and providers working together to customize plans that include exercise and strength training, diet and nutrition counseling, health education and emotional support to help people take control of their health—and lives. <LINK TO LANDING PAGE>.

**GRAPHIC:** Breathe relief into your life

**POST:** Find the specialized care and support you need to catch your breath and reclaim your life with pulmonary rehabilitation. At <**ADD HOSPITAL NAME HERE**>, our rehab teams collaborate to create individualized plans to help you manage shortness of breath and improve your ability to live a healthier, happier life. Learn more about pulmonary rehab—right here where it's closer for you and your family—at: <LINK TO LANDING PAGE>.

**USE INFOGRAPHIC** (the one that Brian labeled as B—if it works? 😊)

**GRAPHIC:** Our expert team—with you every step of the way

**POST:** At <**ADD HOSPITAL NAME HERE**>, our pulmonary rehabilitation teams individualize programs to each patient's needs, abilities and health goals. Expert teams collaborate to create carefully coordinated programs that help patients with ongoing lung conditions regain the strength to get back to doing everyday activities and living a more full and healthy life. Learn more about this life-changing program at <LINK TO LANDING PAGE>.