

BREATHE BETTER and STAY STRONG

with our virtual pulmonary rehabilitation program!

What is virtual pulmonary rehabilitation?

Just like in-person pulmonary rehabilitation, our virtual program offers education, exercise and resources that help you to live more confidently and with fewer symptoms — plus, you can participate online from the comfort of home!

Who is the program for?

If you have been diagnosed with COPD, asthma, bronchiectasis, cystic fibrosis, pulmonary fibrosis, sarcoidosis or other interstitial lung disease, this program can help you to keep doing the things you enjoy with the ones you love.

What's included in the program?

The program includes:

- 10 modules you can do at your own pace
 - Self-evaluations and re-evaluations
 - An exercise program
 - An optional monthly online support group
-

What if I'm on a waiting list for an in-person pulmonary rehab program?

No problem! You can use this program while you wait. You can also use this program to stay active throughout the week if you are currently taking part in an in-person program.

What if I already did an in-person pulmonary rehab program?

It's important that the skills and practices you learned in pulmonary rehab become lifelong habits. Even if you've already taken part in a pulmonary rehab program, you can use our virtual program to help you maintain your health over the long term.

If you have other questions, send us an e-mail: breathe@lung.ca

Sign up at
www.lung.ca



Canadian Lung Association
B R E A T H E