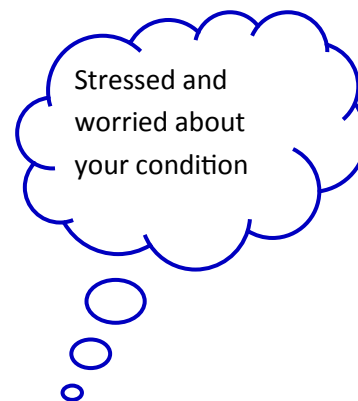
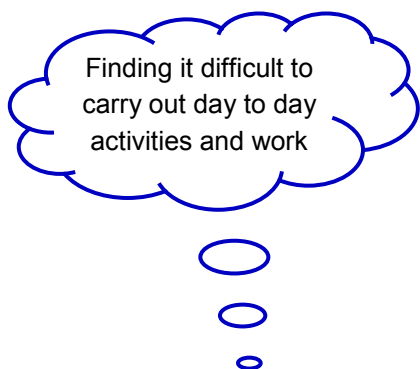


## Pulmonary Rehab Self Referral

Have you been diagnosed with COPD by your Doctor ?

Are you?



Have you been diagnosed with a respiratory condition such as COPD by your Doctor? ✓

Are you a smoker or an ex-smoker? ✓

Do you use inhalers to help you cope with your condition? ✓

Would you like to help yourself stay well? ✓

### HAVE YOU CONSIDERED A COURSE OF PULMONARY REHAB?

- **What is Pulmonary Rehab?** A once/week course of exercise & education for people with breathing problems caused by a lung problem
- **Where is it?** At a local leisure centre in your area
- **Why we run the courses?** To help you get fitter and manage your symptoms more effectively
- **When do the courses take place?** 1:30pm-3:30pm on various days throughout the week
- **Who's involved?** The 8 week course is run by Specialist Physiotherapists & Instructors with input from a variety of other Health Care Professionals

The Pulmonary Rehab team can help you learn to control your symptoms & improve your quality of life through exercise & education. Call 01462 478784 for more information.