



Living Better With COPD

A FREE virtual 8 week community based Pulmonary Rehabilitation program for people with COPD

Information Sessions Via Zoom on Monday April 26 1pm-2pm and Wednesday April 28 6-7 pm to learn more

The program offers:

- Made-for-you exercise programs in a virtual group setting supervised by healthcare professionals
- Group education on different lung health topics including breathing medications, breathing techniques, vaccinations, nutrition, dealing with anxiety and more
- Counselling to stop smoking and access to FREE nicotine replacement therapy through the STOP program

Benefits include:

- Increase your ability to exercise
- Reduce your breathlessness and fatigue
- Increase your ability to do everyday tasks
- Improve your inhaler technique
- Overall better quality of life
- Access to the pulmonary rehab in the comfort of your own home



This program is for:

- People diagnosed with COPD who are medically stable
- People able and willing to participate in mild to moderate physical activity and education in a group setting, two times a week
- People who have access to internet and have a computer or a tablet

If you are interested:

- Email to: allied.health@stonegatechc.org with subject: COPD, to register to attend an information session OR to refer to the program
- You can self-refer or talk to your family doctor about making a referral
- Referrals forms are available at: www.stonegatechc.org OR www.4villageschc.ca

For more information, please contact: 416-231-7070