

PULMONARY REHABILITATION

**This program improves
quality of life.**

**Helps shortness of breath
and fatigue.**

**Gives you more control of
your symptoms.**

Improves your fitness level.

**Helps anxiety and
helps depression often
linked with lung disease.**

**Helps you to
feel better
about
yourself.**

**Please
ask for
a leaflet.**



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Pulmonary Rehabilitation Education Videos

