

Pulmonary Rehabilitation

6 week group program
of activity & education



Tired, out of breath and want to do something about it?

If you live with or have recently had a diagnosis of COPD then Pulmonary Rehabilitation (PR) could benefit you.

Designed to help you learn how to manage your health and daily life, get the support you need to improve your physical capacity and wellbeing.

If this sounds like you and you're interested in participating then speak to your Doctor or a Practice Nurse in your General Practice.

Your Doctor will speak to you about the LinkMyCare COPD program and your suitability.

If your Doctor believes you are suitable for the program, they will refer you to your local Pulmonary Rehabilitation provider.

- ✓ **Fully funded**
- ✓ **Evidence-based**
- ✓ **Peer support**

6-Week Group Programs are now available. Program attendance options are:

- ▶ Face-to-Face
- ▶ Combination of Face-to-Face and Virtual*
- ▶ Fully Virtual

*Virtual can incorporate the delivery of Pulmonary Rehab via an online group delivery, or by exercises to be undertaken at home individually.