

# Breathe Better, Do More



**Do you or someone you know have COPD, Asthma or another long term lung disease who struggles to manage the symptoms (breathlessness, cough, chest tightness or flare ups)?**

**Why not try Pulmonary Rehabilitation? It is run by physiotherapists and provided free of charge by the NHS?**

## **What is the programme?:**

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The programme involves creating an exercise programme after an initial assessment. Nurses, physios and other members of the team will talk about understanding and managing breathing problems. People typically attend two sessions per week over a 6-8 week period.

## **How can I find out more?:**

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Interested in knowing more about the Pulmonary Rehab? Speak to your general practice nurse or care navigator or give the team a call on 0207 272 3070.

## **Testimonials:**

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*"I would definitely big up the programme. I'm feeling much better",  
"I don't reach out to my inhaler as much as I used to."  
"I have learnt to control my breathing", "I wish I had done the course years ago"*