

Testimonials

“This program was life-changing for me. Positive growth mentally, physically, and emotionally were measurable.”

~ Cindy

“The program has given me the ability to realize I still have potential to live a great and normal life.”

~ Miles

“Pursed lip breathing was most helpful, especially for climbing stairs. It has made a tremendous difference in my two-storey home.”

~ Anonymous



G. F. MacDonald Centre for Lung Health

Is located at

Capital Care Norwood

Gene Zwozdesky Centre

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Edmonton, Alberta

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Breathe Easy Pulmonary Rehabilitation

A program to help people manage their chronic lung disease and improve their quality of life.



- Do you cough regularly?
- Do you cough up phlegm?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself or at night?
- Do you get frequent colds that persist longer than those of other people you know?

If you answered yes to any one of the above questions talk to your doctor.
- *The Lung Association*

Eligibility

Anyone with a chronic lung disease is welcome to participate. A referral can be made by any health care professional. A full Pulmonary Function Test performed within the last year is required.

Assessment

Prior to starting the program, each participant is thoroughly assessed by our team of Physical Therapists, Respiratory Therapists, Therapy Assistants and Respiratory Specialist (Pulmonologist).

Oxygen levels, heart rate, and shortness of breath are assessed while walking the hallway and /or on a treadmill or riding a stationary bike. Any pain or other limitations are noted and an exercise prescription for the program is determined based on each individual's ability.

Benefits of the Breathe Easy Program

- Better able to manage shortness of breath
- Improve exercise tolerance
- Maintain independence
- Reduce hospital admissions
- Learn about your lungs
- Meet other people with lung disease

Offered 2 or 3 days per week

16 Education sessions teach participants how to manage and reduce symptoms of their chronic lung disease. Topics include how to reduce shortness of breath, use medications properly, manage chronic cough, with or without mucous, and prevent and manage infections.

16 Exercise sessions supervised and tailored to participants' individual needs and preferences. A full and safe exercise routine is provided based on the participant's assessment findings and feedback.

Support is provided from staff, fellow participants and previous graduates of the Program. The C.O.L.D. Club is a support group that participants, friends and family can join. coldclubalberta@gmail.com

Virtual Zoom Programs

Although the Breathe Easy Program is offered in many different communities throughout Alberta, a virtual option is also available for those who may find it difficult to travel or leave the home.

Maintenance Exercise

Graduates are encouraged to continue to exercise using the gym at the Centre where staff is available for assistance and oxygen is provided when needed. Guests are also welcome to join the gym to help keep graduates motivated.



The Gym is open Monday to Friday (closed stats) **0800 – 1600 hours.**

Zoom Classes are also available to Breathe Easy Graduates several days a week!