

**BREATHE**

**BETTER**

**WALK**

**BETTER**

**PULMONARY  
REHABILITATION**



Pulmonary Rehabilitation is a community based programme of exercise and education for people living with a long term lung condition.

Pulmonary Rehabilitation is designed to help you manage breathlessness, improve your fitness and ability to carry out daily activities, increase confidence and improve knowledge and understanding of living with a lung condition.

**FEEL**

**BETTER**

Ask your GP or Practice Nurse for more information or a referral.

For further information contact:

**Pulmonary Rehabilitation Nurse,  
South West Acute Hospital.**

**T: 028 6638 2263**

 Western Health and Social Care Trust

 WHSC Respiratory Pathway

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Altnagelvin Hospital.  
T: 028 7161 1361**