

City of Kawartha Lakes

Family Health Team



Healthy Lungs Program

www.cklfamilyhealthteam.com

705.328.9853

Healthy Lungs Program

The Healthy Lungs Program is a group education program to help improve the quality of life of people living with asthma and chronic obstructive pulmonary disease (COPD).

Group sessions will be lead by our team's respiratory therapist.

Asthma education will include information on:

- the nature of asthma
- how to control asthma and plan for best care
- medications and delivery devices
- identifying asthma triggers and adopting avoidance strategies
- the roles of diet, sleep, regular exercise and stopping smoking

COPD education will include information on:

- the nature of COPD
- medications and delivery devices
- support for quitting smoking
- relieving breathlessness and fatigue
- how best to manage flare-ups
- pulmonary rehabilitation
- exercise and nutrition issues

Healthy Lungs sessions will be advertised at your family doctor or nurse practitioner's office. Sessions will be held in Fenelon Falls, Lindsay, Little Britain and Omemee.

Ask your family doctor or nurse practitioner if the Healthy Lungs program may be right for you...

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