

# Pulmonary Rehab as Part of Your Care

To help you live a better life with lung disease, your doctor would like you to take part in a Pulmonary Rehab program. The program at the Center for Wellness and Prevention is tailored to meet your needs to improve your breathing and strength. A team of highly trained staff led by a doctor will work with you. You will learn about your disease and how exercise can help you feel better.

## **You will be called to schedule 3 visit times.**

1. **Testing visit** - A blood test and breathing and exercise tests will be done in this visit. This helps us to know more about the effects of your disease on your lungs.
2. **Evaluation visit** - You will do a 6 minute walk so the team can help set program goals. The doctor will also check you during this visit.
3. **Orientation class** - This is a group class that will give you more information about the pulmonary rehab program. This is also the start of the exercise sessions of the program.

After these three visits, the program is offered every **Tuesday**, **Thursday** and **Friday**. You will attend three times each week. The program lasts about 8 weeks.

- Morning and afternoon class times are offered so you can best fit the classes into your schedule. Plan about 2 1/2 hours for each class.
- The classes will focus on learning to manage your disease and an exercise plan with weight training and aerobic exercise.

You may want to write down any questions you have about the program on the back of this sheet. Keep this by the phone so when the team member calls you to set up your visit times, you can ask your questions.

## **The program is held at the Center for Wellness and Prevention.**

The address is 2050 Kenny Road in the Martha Morehouse Medical Plaza. The Center is in the Pavilion building, Suite 1010. Disability parking and parking in the garage and surface lots are free.

Please call the office at **(614) 293-2820** if you have any questions.

**Learn more about your health care.**