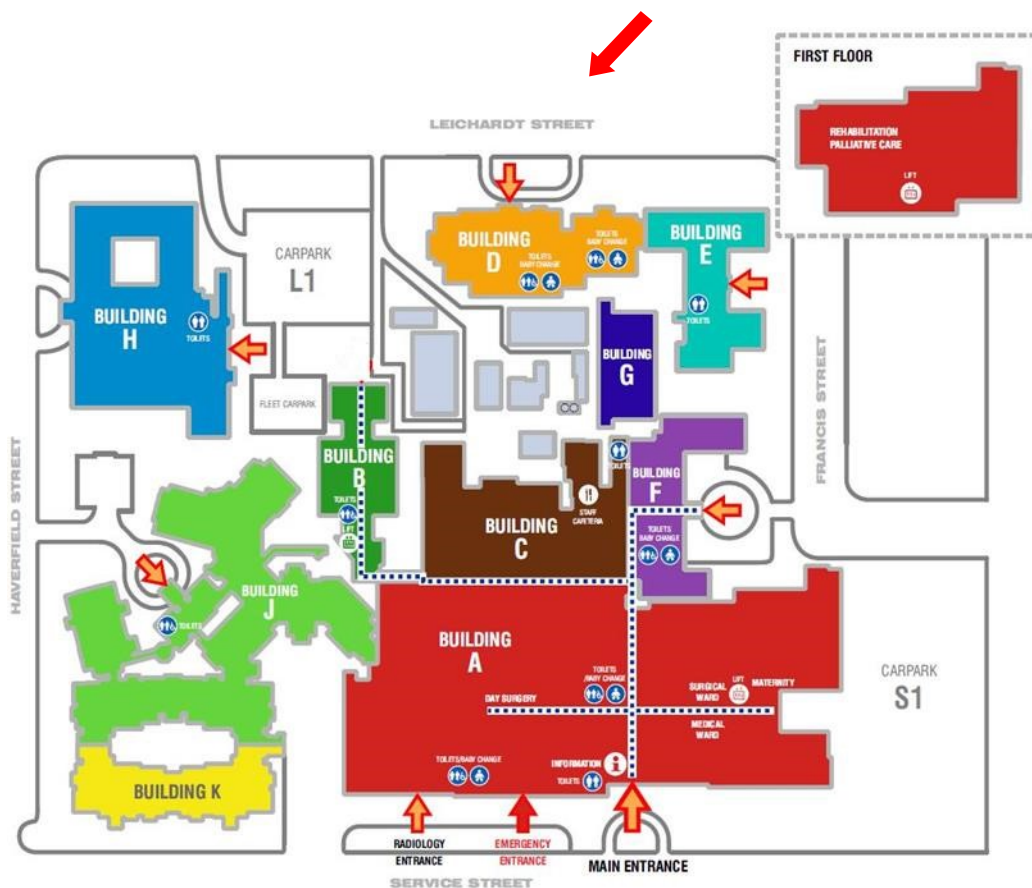


Pulmonary Rehabilitation Program is located in the Hopwood Centre (Building D)



## COMMUNITY REHABILITATION PROGRAM

### Lung Rehabilitation Program

Tuesday & Friday  
8.30am - 4.30pm

**The Hopwood Centre**  
Leichardt Street

PH: 03 5485 5801  
Fax: 03 5485 5833





## **What is Pulmonary (Lung) Rehabilitation Program?**

An 8-week exercise and education group for people with lung disease.

### **What to expect?**

- Help to understand and manage your lung condition;
- Help you to feel less worried about being short of breath;
- Teach you how to exercise safely;
- Help you to stay involved in activities you enjoy;
- Improve your fitness safely.

A thorough Nursing and Exercise Assessment will be conducted at the start of the program.

This may include accessing additional allied health to provide support. For Example; Dietetics, Occupational Therapy, Social Work and Health and Well-Being coaches.

### **How do I access this service?**

- You will need a referral from a General Practitioner, Specialist Service, internal or external hospital or other health/allied health service;
- Upon receiving your referral, the team will be in contact with you.

### **What to bring to the appointment:**

- Bring your puffers
- Wear comfortable shoes and clothes
- A list of your medications
- Bring oxygen (if you use it)

### **When:**

- Tuesdays: 1:00pm onwards (Exercise & Education)
- Fridays: 1:00pm onwards (Exercise Only)