



## Pulmonary Rehabilitation Group

### What is the Pulmonary Rehabilitation Group?

Pulmonary Rehabilitation is a program run by Portland District Health to assist people in understanding, managing and gaining back control of their lung condition/s.

Our goal at Portland District Health is to provide a program which encourages self-management of your condition and can help you get your life back on track.

### Details

- 8 week government funded program.
- 2 x 1 hour exercise session 2 times a week
- Plus a 1 hour education session per week in a group setting.
- Exercise programs are personalised to your level of fitness and your ability.
- Education topics vary and are facilitated by different health professionals each session.
- Self-referrals are accepted to enter the program. However, a referral from your hospital, GP or Respiratory Physician is encouraged.

### What are the benefits?

- Increased understanding and awareness of your lung condition and how to manage it.
- Increased ability and confidence to cope with completing your activities of daily living.
- Improvements in energy and stamina levels.
- A social environment where you can meet other people living with pulmonary disease.
- Possible improvements and maintenance of lung function.
- Increased muscular strength and endurance.
- Improved self-esteem and most importantly, quality of life.
- Increased understanding of nutrition.
- Increased ability to be physically active and confidence to exercise independently.
- Support and guidance in your pulmonary rehabilitation journey.

**How do I get into the Pulmonary Rehabilitation Group? Call: 03 5522 1410**

