

Live life more fully!

Consider our community-based program to help you better manage your COPD.



Do you have COPD?

If you have Chronic Obstructive Pulmonary Disease, take this flyer to your Doctor to see if this free 10 week program is right for you.

WE OFFER THE FOLLOWING SERVICES :



Group and individual COPD Education



Group exercises and personalized exercise programs



Review of your COPD Action Plan to support your efforts to better manage your breathing difficulties



Peer Support



Smoking Cessation counselling and support



Personal counselling and spiritual support



Education session for family and caregivers



Caregiver support



Caring for My COPD Program
905 523-6611 ext. 3060
438 Hughson St. N
Hamilton, ON L8L 4N5



NorthHamilton
Community Health Centre

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Ontario

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