

**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  
talk with your Doctor about attending our free  
10-week pulmonary rehabilitation program**

**WE PROVIDE THE FOLLOWING :**



Education



Smoking Cessation Support



Exercise



Peer Support



Certified Respiratory  
Educator Sessions

**Access to Health Care Team :**



Certified Respiratory Educator  
Counsellor  
Dietitian  
Kinesiologist  
Occupational Therapist  
Physiotherapist

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**COMPASS**  
COMMUNITY HEALTH

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