

Manage your breathlessness and feel safe while being active.

This is a **free** programme. It provides you with the tools to manage your breathlessness and feel safe and confident while being active.

Research shows that the Pulmonary Rehabilitation programme helps to improve your breathing and overall wellbeing. It should be an essential part of your treatment.

Avoiding activity leads to your muscles becoming weaker and you lose your fitness over time. This class helps you to break the cycle by increasing your fitness and strength. It helps you to be able to do more of your daily activities!



Nelson Asthma Society

9 Cambridge Street

Richmond, Nelson, 7020

03) 544 1562



Pulmonary Rehabilitation

Breathe better, have fun and be more active!

For people with long-term breathing conditions living in the Nelson /Tasman Region



nelson asthma society inc

Why should I attend?

- To gain confidence and knowledge so you feel better able to cope with your condition
- To understand medication better and when to take it
- To have fun and feel good
- To meet others who have similar challenges

What to expect

At your first appointment you will meet our respiratory nurse.

Our respiratory nurse will have a chat with you about your current health and activity levels. You will then do a 'sit-to-stand' activity, so wear comfortable clothing.

Classes then run twice a week for 8 weeks.

Each class is two hours long and includes gentle exercises and information on a variety of relevant topics.

Expectations:

- Please try to attend all classes
- We ask you to let us know if you cannot attend a class.

Discussions covered

- Breathing and exercise
- Chest clearance
- Inhalers and medication
- Stress and relaxation
- Eating well
- Sleep habits
- Talking to your doctor and managing flare ups
- Anything else you want to ask!

What to bring:

- Comfortable clothes
- Supportive shoes for gentle exercise
- Water bottle
- Medications required to ensure safe and physical activity (such as inhalers).

After the course:

You will meet with our respiratory nurse to review your goals, questionnaires and complete a 'sit-to-stand' activity to see how much you've improved!

- Be able to attend the Better Breather classes
- Feel more confident and know when to seek help when needed

How do I enroll?

Nelson Bays Primary Health in conjunction with the Nelson Asthma Society offer this Pulmonary Rehabilitation programme for **FREE!**

If you would like to participate:

- Contact your medical centre and ask for a pulmonary rehabilitation referral; or
- Contact the Nelson Asthma Society.

"The encouragement and help I received gave me confidence and lifted my spirits. I have felt so much better after the eight weeks."

- Past participant

"I thought it would be scary, but it was a lot of fun!"

- Past participant

Contact Us

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Visit us on the Web:
www.nelsonasthma.co.nz