

Pulmonary Rehab

Do you have COPD, asthma, interstitial lung disease, or bronchiectasis?

Join your local 6-week supervised group exercise and education programme.



Benefits

- ✓ Improve your understanding of your lung condition and management.
- ✓ Improve your fitness so you feel more confident to do daily tasks.
- ✓ Improve your muscle strength so you can use the oxygen you breathe more efficiently and feel less breathless.
- ✓ Reduce your risk of hospital admissions due to chest infections or flare-ups.


Locations


- Harold Hill Health Centre, RM3 9SU
- Harrow Lodge Leisure Centre, RM11 1JU
- Virtually on Zoom

Interested?

Speak to your GP for a referral.

For more information, contact the Havering Respiratory Team.

 0300 300 1551
Mon-Fri 9am-5pm

 Hav.respiratory@nelft.nhs.uk