

# Easy Breathers Program

## Funded through the Chronic Disease Community Program

### About the Program

People who are enrolled in the Chronic Disease Community Program and have Chronic Obstructive Pulmonary Disease and/or heart failure are eligible for the Easy Breathers Program. This is an eight week program consisting of exercise and education sessions. A friend, carer or relative is welcome to attend with you. They, too, will benefit from the course and gain skills relating to managing chronic illness.

### What is offered?

- Initial assessment by a Health Professional to discuss your individual needs and describe the program in more detail
- You will then be enrolled in the program, which will run for 8 weeks, with sessions held twice each week.
- Each session consists of approximately 1 hour of physical activity (with lots of time to catch your breath). One of the sessions per week will be for 2 hours as it will include an education session.

### You can learn about:

- Understanding your condition, medications and recognising when you are becoming unwell
- Increasing your confidence to deal with your condition
- Managing your breathlessness
- Improving your fitness to gain more from your day
- Eating to improve your health

### What cost?

There is no cost to you for this service.

### Where?

The Easy Breathers Program runs at participating organisations across the Southern Adelaide region.

### Questions?

For further information regarding The Easy Breathers Program services for the Chronic Disease Community Program please contact a liaison officer on ph: 8201 7814 or mb: 0434 079 205