

KEEP BREATHING

SPECIALIZED RESPIRATORY PROGRAMMING

with us

EVOLVE
WELLNESS STUDIO

EXERCISE, EDUCATION, SUPPORT
COPD, ASTHMA, PULMONARY FIBROSIS
& OTHER LUNG CONDITIONS

TUES/THURSDAY 10-11:15AM, ZOOM

SUPPORT DAILY AS NEEDED, MONTHLY EDUCATION, PRIVATE FACEBOOK PAGE, BONUS RECORDED SESSIONS

EQUIPMENT NEEDED



zoom

LEARN TO:

▶ BREATHE BETTER

▶ STRATEGIZE TO FEEL BETTER

▶ FIGHT INFECTIONS

▶ PACE YOURSELF

PHYSIOTHERAPIST LED

INVESTMENT = \$35+TAX/MONTH, ~\$1.15/DAY



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APPROVED BY RESPIROLOGISTS & LUNG HEALTH FOUNDATION