

KEEP BREATHING



SPECIALIZED RESPIRATORY PROGRAMMING

with us

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

TUES/THURSDAY 10AM, ZOOM
MONDAY/WED. 11AM, 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



Lisa Dow, RPT
lldow@me.com

www.evolvebelleville.com
613-847-1438

APPROVED BY RESPIROLOGISTS & LUNG HEALTH FOUNDATION