

HEALTH AWARENESS

HERE'S NEWS THAT SHOULD HELP THE MORE THAN SIXTEEN MILLION AMERICANS WITH CHRONIC RESPIRATORY DISEASES—SUCH AS C-O-P-D—BREATHE EASIER: PULMONARY REHAB IS A PROVEN TREATMENT THAT IMPROVES QUALITY OF LIFE, REPORTS THE AMERICAN THORACIC SOCIETY. PEOPLE WITH SUCH CONDITIONS ARE OFTEN LIMITED IN THEIR DAILY ACTIVITIES. BUT A COMPREHENSIVE SIX- TO TWELVE-WEEK PROGRAM OF SUPERVISED EXERCISE, EDUCATION AND SUPPORT HELPS PATIENTS LEARN HOW TO MANAGE BREATHING, SO THEY NOT ONLY FEEL BETTER BUT CAN DO MORE IN THEIR EVERYDAY LIVES. GO TO LIVE-BETTER--DOT--ORG TO LEARN MORE ABOUT PULMONARY REHAB AND FIND NEARBY PROGRAMS.