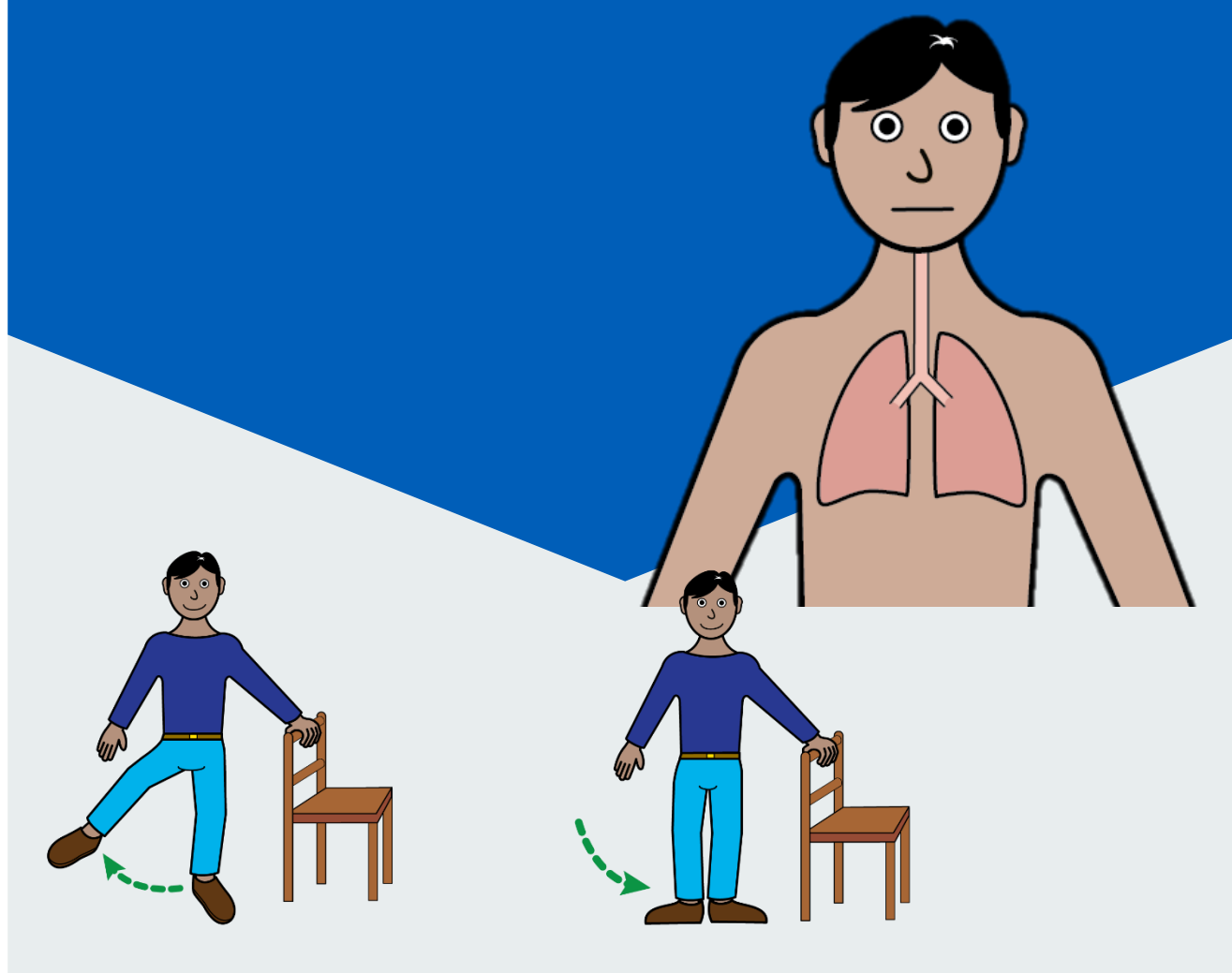


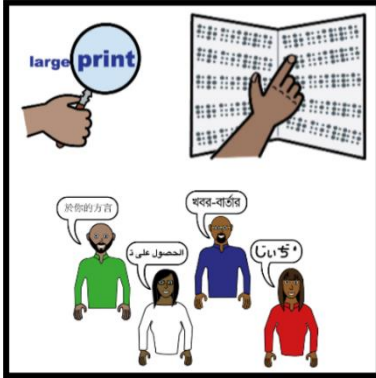
Easy Read

Pulmonary Rehab

Information for patients



Pulmonary Rehab Information Leaflet



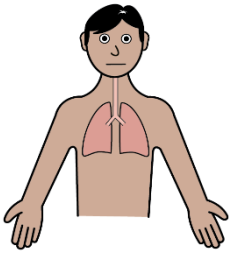
If you require this information in other languages, Braille, large print, or audio format please contact [The Respiratory Team](#).



This booklet uses easy words and pictures.
You might want to ask someone to help you read it.

What is pulmonary rehab?

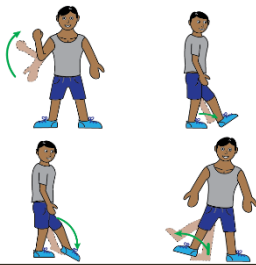
lungs



Pulmonary rehab can help you with your breathing.

It is for people with lung problems.

exercise



It is an exercise class.

It will help you to get fitter.

chair based exercise



If you need to you can sit on a chair to do the exercises.

learning about good health

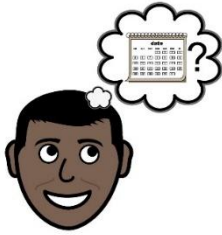


There are talks during the classes.

You will learn how to look after your health.

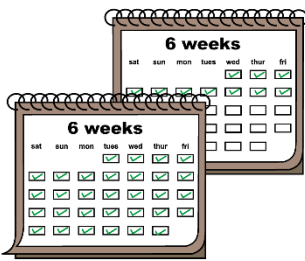
When and where are the classes?

when



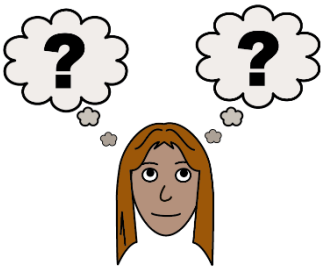
The classes are on 2 days a week.
Your physio will tell you which days.

6 weeks



The classes last for 6 weeks.

where



You can come to classes at:

- Woodhouse
- Middleton
- Gipton

laptop



You can also do the classes online.
You will need a tablet or computer.

What do I need to do now?



If you got a letter from us, it will tell you what to do next.



Or you can call us.

Our number is 0113 8434 200



You can also email us.

Our email address is:

longtermconditions@nhs.net

Other information...



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience Team**.

Call 0113 220 8585

Email lch.pet@nhs.net



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.