



Pulmonary Rehabilitation

Centra Pulmonary Rehabilitation is an individually designed program to help you improve your overall health by working with you to increase your strength and endurance. The program is overseen by a team of medical professionals who are specifically trained to treat people who have lung disease. With the team's help you will learn about your condition and gain the skills needed to help manage it.

Our program includes:

- Exercise sessions designed for people with chronic lung disease to help you increase endurance, strength and flexibility
- Teaching sessions where you learn about your lung condition, medications, and how to prevent infection
- Breathing and relaxation techniques to help reduce shortness of breath
- Dietary support for weight management
- Social support and interaction with others who experience the same type of pulmonary problems

After the program ends, the benefits of pulmonary rehabilitation will continue – as long as you keep using the skills you have learned. Centra offers maintenance programs in which you can continue to exercise, receive support and guidance to achieve new goals!

continued on the other side



**CENTRA
MEDICAL GROUP**

Stroobants Cardiovascular Center

Pulmonary Rehabilitation Locations

*Centra Medical Group
Stroobants Cardiovascular Center–Lynchburg*
434.200.3431

Centra Medical Group–Gretna
434.656.8535

*Centra Medical Group
Stroobants Cardiovascular Center–Farmville*
434.392.3205

Centra Bedford Memorial Hospital, Bedford
540.587.3373



CENTRA MEDICAL GROUP

Stroobants Cardiovascular Center

Program goals

Centra Pulmonary Rehab will help you:

- Do more of the things you enjoy.
- Improve your strength, endurance and flexibility to maintain independence.
- Do daily activities, such as household tasks, with less shortness of breath.
- Understand your symptoms and medications. This can mean fewer emergency room visits and less time in the hospital.
- Learn to relax and not panic when you feel shortness of breath.
- Quit smoking. Even now, this is the most important change you can make for your life.
- Get answers to health questions.

Maintenance programs

An improved lifestyle will help you feel better and have greater physical capacities. Centra programs to help you continue to make progress and meet new goals are offered at:

- Jamerson Family YMCA, Lynchburg
- Downtown YMCA, Lynchburg
- Bedford YMCA
- Altavista Family YMCA
- Moneta YMCA
- Farmville YMCA