

Pulmonary Rehabilitation for people with a long-term lung condition



Pulmonary Rehab is a free six-week exercise & education programme for people with a long term lung conditions. It includes a two-hour session, twice a week.

The programme aims to help you by:

- Helping you manage your breathlessness.
- Making you fitter.
- Improving your mood.
- Improving your quality of life.
- Reduce the likelihood of needing hospital if you become unwell.

Run by:



You can refer yourself to Pulmonary Rehab by contacting our Community Respiratory Team on 0300 124 5909.