

# PULMONARY REHAB



South Eastern  

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Private Hospital

# PULMONARY REHABILITATION

Pulmonary Rehabilitation is an exercise and health program aimed at helping people living with a chronic lung disorder and have symptoms of breathlessness and a decreased ability to perform activities of daily living.

Our expert multidisciplinary team will individually tailor and design this program to optimise physical and social wellbeing.

Our 6 week, twice a week program involves structured exercise and education sessions. The benefits of this program include easier breathing, better quality of life and prevents unnecessary admissions to hospital.

## HOW TO ACCESS THE PROGRAM:

Referrals from your GP or your treating specialist can be forwarded to:

- Fax: (03) 9549 6323
- Email: [sephrehab@healthcare.com.au](mailto:sephrehab@healthcare.com.au)

For further information please call:  
Ph: (03) 9549 6438

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