

What is Pulmonary Rehabilitation?

Have you been diagnosed with a lung condition?

Have you been offered 'Pulmonary Rehabilitation'?

Do you know what it is, and how it can help you?

Our new videos will tell you what you need to know.



To watch the videos, go to
selondonics.org/pulmonary-rehabilitation
or scan this code



If you can't scan the QR code yourself, please take a photo of it and ask a friend, family member or your clinician to scan it and share the videos with you.