

# QUIT SMOKING

## CHANGES AFTER QUITTING

20 MINUTES Pulse and blood pressure return to normal

24 HOURS Chance of having a heart attack drops

72 HOURS Breathing becomes easier, smell and taste improve

1 YEAR Risk of heart disease cut in half

## DID YOU KNOW??

If you smoke two packs per day you will spend 4 hours a day smoking and \$4000 a year!

Clients who participate in the Respiratory Wellness program will receive Smoking Cessation support.

For more information call  
519-997-2823 ext 320



Windsor Essex Community Health Centre  
Centre de santé communautaire de Windsor Essex

**weCHC**  
*Supporting the Vulnerable*  
*Soutien aux personnes vulnérables*

# Chronic Disease Management Program

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[www.wechc.org](http://www.wechc.org)

We can help find the  
best option for you!

Supported by:  
Avec l'appui de :



**Ontario**

Erie St. Clair Local Health  
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des services de santé  
d'Erie St. Clair



# RESPIRATORY WELLNESS

Education and Exercise  
program for people living  
with Respiratory Disease

Windsor Essex Community Health Centre  
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As a Community Health Centre, our mission is to support the health and wellness of our vulnerable population in everything we do.

This program is for clients who have been diagnosed with a respiratory disease such as asthma, COPD, pulmonary fibrosis, and others.

Clients will require consent from their Family Doctor and/or Nurse Practitioner prior to participating in exercise.

## EXERCISE AND EDUCATION PROGRAM

facilitated by the  
Registered Respiratory  
Therapist/Certified  
Respiratory Educator

## QUESTIONS & ANSWERS

### How do I get started?

Referrals come from your family doctor, specialist or by self referral.

### Can I bring a support person?

Yes, clients are encouraged to bring a support person to the education sessions, however the support person does not participate in the exercise sessions.

### What happens once I complete the program?

Each person will be assessed and offered a maintenance program with our Active Aging Program. Clients are also assisted with finding appropriate community support services.

## What is involved?

### Assessment

The Respiratory Therapist will complete an assessment to determine program placement and duration following intake.

### Exercise (12 weeks)

You will attend two one hour classes per week taught by our Recreation Therapist.

Exercise classes will focus on upper and lower body strengthening, balance, and cardiorespiratory endurance training.

### Education (6 weeks)

Our Respiratory Therapist will provide information to help you and your family manage your respiratory condition.

### Topics include:

- Importance of Exercise
- Controlling Breathlessness
- Energy Conservation
- Medication and Inhaler Techniques
- Action Plan Development
- Healthy Lifestyle
- Self Management Techniques
- Travel and Oxygen Use
- Smoking Reduction & Cessation
- Advanced Care Planning

