

# Welcome to Pulmonary Wellness!

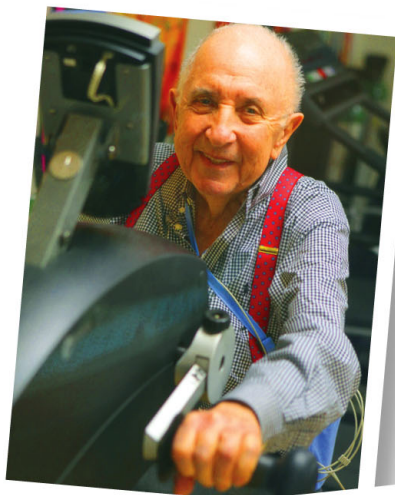
The Pulmonary Wellness & Rehabilitation Center was established in 1998 to provide comprehensive, individualized wellness and rehabilitation programs to any person living with symptomatic, acute or chronic pulmonary or cardiovascular disease.

## Our Program

The Center's Lifestyle Programs are offered to any person with symptomatic, acute or chronic pulmonary or cardiovascular disease including but not limited to the following diagnoses:

**Pulmonary Diseases:** Asthma, Emphysema, Chronic Bronchitis, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis, Interstitial Pulmonary Fibrosis, Sarcoidosis, Scleroderma, Lung Cancer and Post Surgical.

**Cardiovascular Diseases:** Coronary Artery Disease (CAD), Arrhythmia, Post-MI (Heart Attack), Congestive Heart Failure (CHF), Peripheral Artery Disease (PAD) and Post-Surgical.



### IN OUR FIRST 10 YEARS:

We have treated over 4750 patients.

We have conducted over 40,000 exercise sessions.

We have seen an average increase in exercise capacity of greater than 75%.

## Components of the Program include:

- Monitored Aerobic Exercise
- Strength Training
- Stress Management/Relaxation Training
- Nutritional Counseling
- Smoking Cessation
- Chest Physical Therapy
- Postural Drainage
- Patient and Family Education
- Maintenance Program

## PULMONARY WELLNESS & REHABILITATION CENTER

HELPING NEW YORKERS BREATHE EASIER SINCE 1998

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Five Years in a Row!

For the physician: We are committed to joining you in an active partnership to maximize your patients' care and now it's easier than ever to make an online referral at [www.pulmonarywellness.com](http://www.pulmonarywellness.com)