

breathe better^{rehab}[™]

Pulmonary Fitness & Maintenance Program



Maintenance Program Overview

- Continue to work with our licensed respiratory therapists
- Maintain your progress & fitness going forward
- Feel secure in your post-program efforts and goal setting
- Share your optimal health journey with program participants

Classes include

- cardio exercises
- strength & conditioning workouts
- breathing exercises maintenance
- health education reviews



Joining a maintenance class is easy

Let your therapist or patient care coordinator know your interest.

Program sessions are held twice a week & billed monthly:

4 sessions \$60

8 sessions - discounted! \$100

Maintenance sessions are billed via credit card.

Not covered under health insurance plans.



(888)450-0377



team@breathebetter.rehab



www.breathebetter.rehab

