

## Who we are

Lung Rehab is delivered by experienced health professionals including:

- accredited exercise physiologists
- physiotherapists
- nurses
- occupational therapists
- social health (psychologists and social workers)
- accredited practicing dietitians
- pharmacists.

## Where to start?



For Mob connected to an **Aboriginal Medical Service**, your local clinic GP or nurse can refer you.



For Mob connected to **another clinic or service**, please email the Lung Rehab team at [rehab@iuih.org.au](mailto:rehab@iuih.org.au)



Or, you can contact us directly to yarn about the program - [rehab@iuih.org.au](mailto:rehab@iuih.org.au)



To find out if Lung Rehab is in your local area, visit [iuih.org.au/lungrehab](http://iuih.org.au/lungrehab)



For further information, contact **Mob Link on 1800 254 354**



[www.iuih.org.au](http://www.iuih.org.au)



# Lung Rehab

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Community based  
**rehab program**  
for **Mob** with  
**lung conditions**



**Lung Rehab** is free and tailored for Aboriginal and Torres Strait Islander people with conditions including:

- asthma
- bronchiectasis
- chronic cough
- chronic lung condition
- chronic obstructive pulmonary disease
- emphysema
- repetitive lung infections
- shortness of breath.

If you can't see your lung condition listed here, please reach out to us, as you're still eligible!

The program runs twice a week for eight weeks.

### What happens at Lung Rehab?

The program offers a supportive and friendly group environment to yarn about your health, learn about living well, and move with a rehabilitation program especially tailored for you. The team will work with you to develop your skills to support everyday activities that are important to you.

## Lung Rehab can help you to...

**Feel calm and strong in your mind**

*(Social and emotional wellbeing)*



**Feel safer and more confident to move and get around**

*(Everyday activities)*



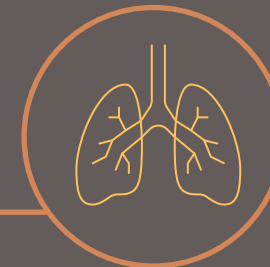
**Manage your weight through learning about healthy food choices**

*(Diet and nutrition)*



**Breathe easier**

*(Improved lung function)*



**Get stronger and fitter in your body**

*(Exercise and fitness)*



**Strengthen your heart and blood pressure**

*(Improved heart function)*



**Improve any aches and pains**

*(Muscles, bones and joints)*

