

What are your questions?
Please ask.
We are here to help you.



Would You Like to Learn More About COPD and Advance Care Planning?

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Prepared by: The INSPIRED COPD Outreach Program™
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The information in this pamphlet is to be updated every
3 years or as needed.

Would you like to learn more about COPD?

- Chronic Obstructive Pulmonary Disease (COPD) is a progressive (gets worse over time) lung disease.
- COPD is usually caused by smoking.
- Symptoms include:
 - › Shortness of breath
 - › Coughing
 - › Having chest infections often

Attend a free COPD education session to learn:

- › What is COPD?
- › How do I know if I have COPD?
- › How do I manage my COPD?

For more information and to register:

- › Phone: 902-719-6194

Would you like to learn more about Advance Care Planning?

- **Advance Care Planning** is the process of thinking about and sharing your wishes for your:
 - › Future health and personal care
 - › End-of-life care



Attend a free Advance Care Planning education session to learn:

- › What is Advance Care Planning?
- › What is a Personal Directive (PD)? How do I complete a PD?
- › Who should I choose to be my delegate decision-maker?

For more information and to register:

- › Phone: 902-483-8943