

# Respiratory Health Class

## What is the Respiratory Health Class?

- This class is for people with spinal cord injuries and neuromuscular (affects nerves and muscles) diseases that make it hard to breathe.
- The class is led by physiotherapists.

## What will I learn?

- You will learn:
  - › What the breathing system is and how it works
  - › Why it can sometimes be hard to breathe
  - › Ways to breathe, cough, and prevent infections
- You will also be able to share ideas with others in the class.

## When is the class held?

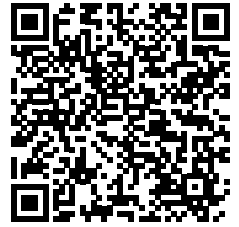
- The class takes place on the first Tuesday of every second month. It is held in:
  - › January
  - › May
  - › September
  - › March
  - › July
  - › November
- Hours: 1:30 to 3 p.m.

## Where is the class held?

- The class is held online using Zoom. You will need to connect to the internet to join the class.

## How do I sign up?

- You can be referred by any health care provider.
- You can also sign up on your own by filling out this form:
  - › [www.nshealth.ca/documents-and-reports/outpatient-physiotherapy-self-referral-form](http://www.nshealth.ca/documents-and-reports/outpatient-physiotherapy-self-referral-form)
- **Please put the reason for referral as:** respiratory health class
- Return the form to:
  - › Fax: 902-473-3398
  - › Email: [hfxopd-PT@nshealth.ca](mailto:hfxopd-PT@nshealth.ca)



### Questions?

- › Phone: 902-473-1288, extension 2

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.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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