The Pulmonary Rehabilitation Program at Broward Health Medical Center is certified and recognized by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Located on the eighth floor of the Physician Office Building adjacent to Broward Health Medical Center, the Center offers a view of the coastline and surrounding areas. All aspects of aerobic fitness are covered through instruction, demonstration and finally assistance in adopting the lifestyle changes that are best for you.

The key to our success is a comprehensive team of professionals who work together to build an individualized program for each participant.
The Pulmonary Rehabilitation Program at Broward Health Medical Center is designed to help relieve the physical and emotional disability experienced by people with chronic lung disorders.

The major benefits of pulmonary rehabilitation are related to improvement in the quality of life, reduction in respiratory symptoms, decrease hospitalization, increase in exercise tolerance and physical activity and improvement in psychological status with less anxiety. These benefits are accomplished through exercise, education and behavior modification.

**The Program**
- AACVPR Nationally Certified Pulmonary Program.
- An individual program is designed by our team of pulmonary specialists.
- Medically supervised.
- Meets 2-3 times a week.
- Utilizes a variety of exercise equipment.
- Education on a variety of pulmonary related subjects.

**Educational Topics Include:**
- Disease management
- Breathing retraining
- Energy conservation
- Nutrition
- Medications
- Stress management

**Maintenance Program**
- Available to graduates of the Pulmonary Rehabilitation Program.
- Permits continuation of exercise under medical supervision.

**Professional Team**
Special care has been taken in the selection and qualifications of our staff who are trained in Pulmonary Rehabilitation. Our staff consists of:
- Pulmonologist
- Respiratory therapists
- Registered nurses
- Exercise physiologists
- Registered dietitians

**Wellness Center**
All classes are held at our facility located on the eighth floor of the Physician Office Building adjacent to Broward Health Medical Center.
- Valet parking is available at no charge.

**Getting Started**
Most insurance companies reimburse for this program, recognizing it as a physician prescribed service.
- You must be referred by your physician.
- Once referred, please call 954.712.6446.
- We will be happy to inquire whether your insurance will cover pulmonary rehabilitation.

If you have any questions regarding this program, please call 954.712.6446.