

COPD Resources

Breathworks Plan

PEI Lung Association: www.pei.lung.ca 1 902 892 5957: Toll Free 1888 566 LUNG (5864)

Go to quick links and click on COPD then the Breathworks Plan (Printable fact sheets)

OR

Canadian Lung Association: www.lung.ca/cpd

- The **Breathworks Plan**, get help for COPD..... directory of available education centre's and rehab resources across Canada.
- Living Well with COPD information.
- Breathworks toll free helpline: 1 866 717 COPD (2673)

Living Well with COPD

- www.livingwellwithcpd.com..... Site password **COPD**
- Other web sites: www.ucalgary.ca/asthma/cpd
- www.lung.ca

RespTrec Education

- Video Education: <http://www.youtube.com/user/TheLungAssociation>

Healthy Eating and Active Living

- Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- Dietician's of Canada – click on Eat well, Live well on bottom of page: ww2.dieticians.ca
- Living a Healthy life with Chronic Disease self – management
 - Register at 1 888 854 7244 (toll free)
 - \$10 dollar fee to cover the book
- go! P.E.I. www.gopei.ca, ideas for walking, running, hiking, biking/ resources for healthy living.
- Canadian Physical Activity Guidelines: www.csep.ca/guidelines.