

## COPD Resources

PEI Lung Association: [Lung Association Of Nova Scotia And Prince Edward Island \(lungnspei.ca\)](http://lungnspei.ca)

Email: [info@lungnspei.ca](mailto:info@lungnspei.ca)

Toll Free 1-888-566 LUNG (5864)

OR

Canadian Lung Association: <https://www.lung.ca/>

Email: [info@lung.ca](mailto:info@lung.ca)

Phone: (613) 569-6411

Toll Free 1-888-566 LUNG (5864)

## Living Well with COPD

- <https://www.livingwellwithcopd.com/en/copd-treatment.html>
- Create a free account to access educational tools.

## 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](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)
- Dieticians of Canada – click on Eat well, Live well on bottom of page: [ww2.dieticians.ca](http://ww2.dieticians.ca)
- go! P.E.I. [www.gopei.ca](http://www.gopei.ca), ideas for walking, running, hiking, biking/ resources for healthy living.
- Canadian Physical Activity Guidelines: [www.csep.ca/guidelines](http://www.csep.ca/guidelines) .