Pulmonary Rehab as Part of Your Care

Your doctor would like you to take part in a **Pulmonary Rehab Program** to improve your breathing and strength. Work with our doctors and staff to learn about your disease and how exercise can help you feel better.

**Locations**

- **Center for Wellness and Prevention**
  
  2050 Kenny Road, Suite 1010  
  Columbus, OH 43221  
  **614-293-2820**  
  Located at Ohio State Martha Morehouse Outpatient Care Pavilion  
  Monday, Wednesday and Friday mornings and afternoons

- **CarePoint East**
  
  543 Taylor Avenue, Room 3068  
  Columbus, OH 43203  
  **614-688-6307**  
  Located north of The Ohio State University Wexner Medical Center East Hospital, close to I-670  
  Monday, Tuesday and Thursday afternoons

**What to expect**

We will call you to schedule 3 visits:

- **A testing visit:** Blood, breathing and exercise tests are done to check your lungs.

- **An evaluation visit:** A six-minute walk is done to plan program goals for you. You are also seen by a doctor.

- **An orientation group class:** This class is an overview of the program. You also start your exercise plan.

**The program lasts 8 weeks, with class 3 times each week.** Classes focus on exercise and managing your disease. Your exercise plan includes weight training and aerobic exercise. Morning and afternoon class times are offered. Choose a time that best fits your schedule. Plan 1.5 to 2.5 hours for each class.