

I quit smoking! Wasn't **that** enough? No. It wasn't and I had the bad lungs to prove it ... and a pulmonologist who assured me at each visit that my condition would only deteriorate. Thanks a million.

Then I discovered a Pulmonary Therapy Program, covered by Medicare and staffed with certified therapists that promised nothing, but encouraged me to exercise and eat heart healthy!

I learned what I could do to strengthen myself, what to expect, and how to reasonably cope with my COPD. This initial support and education has helped me continue tread milling, recumbent biking, lifting weights, and volunteering with third graders, tutoring two other kids, and enjoying my life!

Three cheers for Pulmonary Rehab!