

## **Coliseum Medical Centers For Pulmonary Health**

### **Why Choose Coliseum Medical Centers?**

- **Affordable and Cost Competitive**
- **Joint Commission Accrediated Facility**
- **Insurance Filing**
- **Skilled Professionals**
- **A caring program designed to successfully help you BREATHE EASY!**
- **Available Transportation**



  
**Breathe Easy!**

### **Coliseum Center For Pulmonary Health & Rehabilitation**

**Coliseum Center for Pulmonary Health  
350 Hospital Drive  
Macon, Georgia 31217**

**Phone: 478-751-0449**

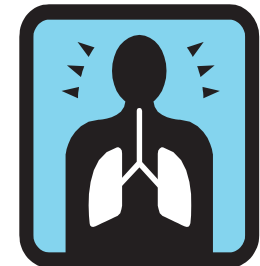
**Fax: 478-464-1323**

**E-mail:**

**CHSY.BreathEz@HCAHealthcare.com**

# **Breathe Easy**

**COLISEUM CENTER FOR  
PULMONARY HEALTH  
& REHABILITATION**



**COLISEUM**  
MEDICAL CENTERS  
AFFILIATED WITH COLISEUM HEALTH SYSTEM

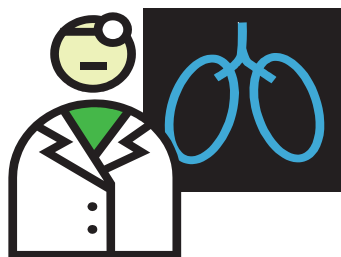
**478-751-0449**

[www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com)

**Breathe Easy! Through assessment, exercise, and education we will help you complete a successful pulmonary rehab program.**

## Assessment

Coliseum's Pulmonary Center multidisciplinary team will perform an assessment to determine your level of breathlessness. Your program will then be designed specifically to meet your needs to optimize daily physical and social performance.



## Exercise

- Based on your assessment, our exercise conditioning staff will assist you with:
  - Breathing retraining
  - Endurance training
  - Increasing your strength and flexibility.
  - Energy conservation
  - Bronchial hygiene techniques

## Education

Our team approach will provide you with new strategies by showing you how to manage your medications, new onsets of infections and daily

hazards in your environment.

Through our resources and support groups we will advise you how to self manage your disease, provide emotional support and give you the strength to “**Breathe Easy**”

**JOIN US!**



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