



REHAB
Hospital of the Pacific

Pulmonary Recovery Circuit Program

Empowering Patients One Breath at a Time



FREE!
Sign up today

Breathing is essential to everything we do. From walking around the neighborhood to relaxing at home with loved ones, breathing confidently empowers us to live life to the fullest.

REHAB's Pulmonary Recovery Circuit Program is designed to help you do just that—build confidence in your breath one inhale and exhale at a time. With respiratory illnesses like [Long COVID](#) and [chronic obstructive pulmonary disease](#) in mind, this program teaches participants effective ways to improve their breathing, stamina, and overall fitness in a group exercise setting. Let us help you catch your breath!

JOIN US

For a limited time, this program is completely **free!** Scan the QR code, visit rehabhospital.link/PRCP, or call the REHAB Wellness Team at (808) 566-3762 to register.

WHAT TO EXPECT

With the guidance of our therapy team, you will learn how to:

- control shortness of breath
- conserve energy
- use progressive muscle relaxation techniques
- do breathing and rehabilitation exercises

SCHEDULE

Classes are held twice a week in the Wellness Gym at REHAB's Nuuanu Campus. Additional sessions can be scheduled as needed to fit participant's schedules.

