



**Upcoming Webinars:**

**Symptom Management and Chest Clearance:** Join Valerie (physiotherapist) as she chats about ways to help manage your symptoms and improve your work of breathing.

When? Thursday August 20<sup>th</sup>

Time? 2:30pm

To register: [https://zoom.us/webinar/register/WN\\_rFBswkahQUi\\_4q6brhZzMg](https://zoom.us/webinar/register/WN_rFBswkahQUi_4q6brhZzMg)

**Lung Transplant Surgery - Interactive opportunity to hear about two lung transplant experiences:** We are so lucky to have two guests with us to chat about their experiences with receiving lung transplants.

When? Thursday September 3<sup>rd</sup>

Time? 2:30pm

To register: [https://zoom.us/webinar/register/WN\\_ShsPn2pTQJ-mzjse-zFFGQ](https://zoom.us/webinar/register/WN_ShsPn2pTQJ-mzjse-zFFGQ)

Stay tuned and more info to come on our fall Zoom webinar sessions!

**Resuming Spirometry:**

With low community spread of COVID and a move to Phase 3, we are slowly restarting spirometry (simple breathing test) at some of our lung health sites. We may look a bit different (check out the photos below), but we are SO excited to welcome you back on site and see you in—in person!

**How we are protecting you:**

- we are screening everyone for any NEW symptoms (24 hours prior by phone and at time of arrival at the clinic)
- we are wiping down everything in between clients and wearing personal protective equipment
- we are ensuring appointments are staggered so that people can physical distance in the waiting room

If we see an increase in community spread of COVID, we will let you know if we need to hold spirometry testing.



**For more information: 613-259-2182 x2339**

**Thank you for Reading!**