

# Guide to living with COPD

Healthmonitor®

## Breathe better, feel better!

- ✓ Learn your treatment options
- ✓ Find out what you can do
- ✓ Get inspired by others who have COPD
- ✓ Partner with your care team

**4** EASY  
MOVEMENTS  
TO BOOST  
LUNG  
FUNCTION,  
p. 22

**"I'm more active  
than ever!"**



When COPD threatened to sideline roller derby athlete Gina White, she took charge!

COMPLIMENTS OF YOUR HEALTHCARE PROVIDER

FAVORABLY REVIEWED BY:



**AMERICAN  
LUNG  
ASSOCIATION®**