

Contact

Please direct inquiries to the attention of the **Lung Health Program**, c/o Kingston Community Health Centres.



Weller Site

263 Weller Ave., Unit 4, Kingston
P: 613.542.2949 ext. 4

Greater Napanee Health Home

RFLA Allied Health Team
310 Bridge St. W., Napanee
P: 613.354.3301 ext. 4691

Napanee Area Community Health Centre

26 Dundas St. W., Napanee
P: 613.354.3301 ext. 691

Midtown Kingston Health Home

2-315 Queen Mary Rd., Kingston
P: 613.542.6793

Barrack Site

115 Barrack St., Kingston
P: 613.549.1440



Sign up

Have your primary care provider refer you for pulmonary rehabilitation, spirometry (breathing test), and COPD education.

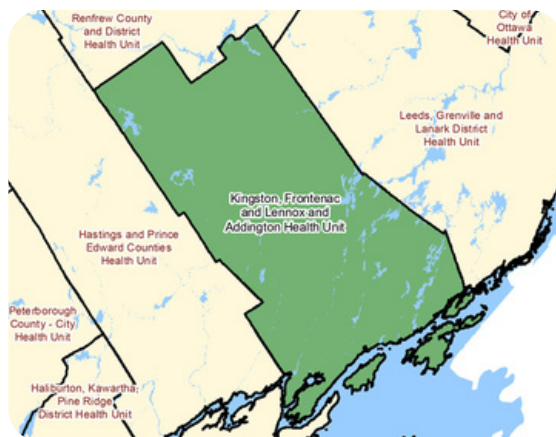
If you do not have a primary care provider, you can self-refer by calling the phone numbers on the contact panel of this flyer and asking for the **Regional Lung Health Program**.

Please note that our ability to take new clients depends on our team's capacity and possible wait list at time of referral.

Some referrals might be considered for group sessions but not for individual care.

All referrals are screened and triaged based on needs.

We accept patients from the Kingston, Frontenac, Lennox & Addington region.



Regional Lung Health Program (COPD)



Kingston Community
Health Centres

Centres de santé
communautaire de Kingston

Who are we?

Kingston Community Health Centre (KCHC) is one of 83 community health centres in Ontario and commits to equity-oriented service delivery anchored in prioritizing the unique needs of each person we serve.

Our **vision** is a community that is:

- Inclusive;
- Resilient;
- and healthy.

Our **mission** is to be a dynamic provider of integrated services that empower people and build communities.

Are **values** are to:

- Be kind;
- Celebrate diversity;
- Collaborate;
- and innovate.



Kingston Community Health Centres

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What is the Lung Health Program?

The **Regional Lung Health Program** is offered at KCHC. It is a community-based service for those living with COPD.

Our team of multidisciplinary healthcare professionals offer services including:

- Smoking cessation services lung health assessment and diagnosis (spirometry, and COPD Screening)
- Respiratory/pulmonary rehabilitation
- Education (in-person or online self-management programs, individualized self-management skills, review of inhaler technique, action plans)

After an assessment and intake, patients of the Lung Health Program will have:

- A COPD action plan
- Assistance with assistive devices
- Medication education (inhaler techniques)
- Community-based exercise program (Pulmonary rehabilitation)
- Smoking cessation (STOP Program)
- Regular follow-up care

There is no fee for our services.

Who can participate?

Please contact us if you:

- Have shortness of breath, need assessment, and diagnosis
- Want to improve your lung health
- Require further ongoing support, maintenance or management of COPD
- Could benefit from community support

