



Evolving Wellness

Breath4Health

Breath4Health is an Evolving Wellness (EW) program that serves adults with breathing problems, such as COPD, chronic bronchitis and asthma as well as restrictive lung diseases. Breath4Health program offers solutions to people with lung health issues, especially those who have slipped through the cracks of the traditional healthcare system or who have limited resources for integrative wellness care. Breath4Health focuses on those struggling with symptoms and also people desiring to titrate off supplemental oxygen. This program improves functional independence while strengthening lung capacity.

Services provided would include exercise and education specific to the client. H.A.R.P.'S (Harmonica and respiratory program) from Western Wisconsin Music in Medicine, LLC, provides harmonica and respiratory exercises, Healing Choices Oasis, LLC provides coping strategies, including nutrition, breathing techniques, acupuncture, qigong and meditation. This program works great in conjunction with the participants' treatment plan prescribed by their doctor.

- ❖ Breath4Health program runs for ten week intervals and will serve eight individuals at a time.
- ❖ EW Breath4Health has successfully completed our first group program. We have seen great success offering synergistic wellness services.
- ❖ EW is fundraising as well as seeking funding from various foundations to cover the costs of this continuous program.

The Breath4Health program will allow individuals to become more self-sufficient in their day to day activities, to improve their quality of life and empower our participants to take control of their health.

Together We Grow!

Thank you for your time and consideration,

Laura Berndt
Founder

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