

For more information or to register for any of the programs, please contact:

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*Breathe, Sing, Move!*



For better lung health

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A new program that combines respiratory physiotherapy and singing for better lung health!



## What is Breathe, Sing, Move?

Breathe, Sing, Move is a collaboration between respiratory physiotherapist Jessica DeMars and professional voice teacher Rachel Goldenberg. Jessica has spent the past 10 years focusing on improving breathing patterns in people with concerns about their breathing and has recently completed research on breathing patterns in children with asthma. Rachel completed her Doctor in Musical Arts, where her focus was on the use of singing lessons for airway clearance in Cystic Fibrosis. She has recently published an article in the Journal of Voice titled "Singing for Respiratory Health: A Literature Review." The Breathe, Sing, Move program is designed to incorporate elements of breathing patterns, breathing muscle strength and vocalization to improve lung health for those with respiratory disease.

## BREATHE WELL GROUP SESSIONS

These 90 minute sessions include information on:

- Lung health
- Airway Clearance
- Relaxed breathing
- Breathing during exercise
- Learning rescue breathing techniques
- Strengthening your breathing muscles
- Improving posture and movement strategies

Sessions are \$50 and are limited to 6 participants. The sessions run at locations in the south and north.

The Breathe Well Sessions may qualify for coverage under extended health benefits.



## Respiratory Physiotherapy

Breathing is much more than just moving air in and out of the lungs. It involves things like posture, rib and spine mobility, and optimal muscle activation and strength. Research has shown that learning more efficient breathing strategies help improve your confidence, energy and overall quality of life. Individual sessions are also available which include breathing chemistry assessments (oxygen and carbon dioxide), respiratory muscle strength testing, and factors like posture, core stability, activity requirements and symptom triggers are examined. Treatment plans are formulated on an individual basis to optimize breathing and movement strategies so you won't have to let shortness of breath slow you down!

## SING WELL PROGRAM

*"Understanding the connection between body and breath through the physicality of singing and the rhythm and notes of the music will enhance your physical and emotional well being."-- Dr. Rachel Goldenberg*

Research has shown that singing can increase respiratory muscle strength, improve speech, and reduce breathlessness and other respiratory symptoms. It can improve mood, vitality, and overall quality of life.

A typical group lesson will include:

- physical warm ups
- breathing exercises
- vocal warm ups
- singing some of your favorite songs
- a cool down

No singing experience (or talent) is necessary.

The Sing Well Program runs for 12 weeks and costs \$240. Sessions run out of Ambrose University.

## BREATH, SING, MOVE

The Breathe, Sing, Move program combines the elements of the Breathe Well Group Sessions and the Sing Well Program. Participants will attend one Breathe Well Group Session and follow that up with the Sing Well Program. Outcome measures will be recorded before and after the program so you can track improvements you have made in managing your respiratory health. Registration for the full program costs \$275.

