



"Who would have thought that at my age I would learn to play the harmonica and more importantly improve my breathing."

Sharon L

"You get to try to learn something and laugh and enjoy each other's company while we are trying to help out our breathing."

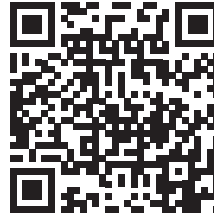
Terry S

Before beginning any new exercise, including playing the harmonica, ask your healthcare provider if it is right for you.

For more information

Interior Health Harmonicas for Health (and Happiness)

<https://www.youtube.com/watch?v=UR6hkCelJqc>



COPD360music

<https://www.copdfoundation.org/Learn-More/I-am-a-Person-with-COPD/Harmonicas-for-Health.aspx>

Contact Us

Phone

250-819-0915

Mail

Harmonicas for Health (and Happiness)
#36-450 Landsdowne Street
Kamloops, B.C. V2C 1Y3

Email

KamloopsPRP@interiorhealth.ca



Harmonicas for Health (and Happiness)

A program for lung health



Harmonicas for Health (and Happiness) is a 5-week virtual program for individuals with COPD (and/or other lung conditions) to exercise their respiratory muscles by learning how to play the harmonica



Live. Breathe. Play.

Additional Information

- Harmonicas for Health (and Happiness) is a one hour session that runs once a week for five weeks
- No musical experience is necessary
- We review how to hold a harmonica, read music, play a scale, and learn new songs together
- Each session covers respiratory health education
- Classes are online using Zoom

Benefits of Harmonicas for Health (and Happiness)

- Better control of your breathing
- Exercise your breathing muscles, mainly your diaphragm
- Exercise your abdominal muscles
- Boost your self-confidence and relieve stress
- Socialize with others and have fun
- Decrease your shortness of breath and improve your quality of life

What you need to join

- Confirmed diagnosis of COPD (and/or other lung conditions)
- Access to a computer or tablet with a camera, internet, and an email address

What you will receive

- A Harmonica
- A Harmonica for Health player's manual (includes easy-to-read information on lung anatomy, COPD, breathing techniques and more)

Harmonicas for Health (and Happiness) is a FREE program for clients referred by a health care professional

Individuals will learn new skills each week and it is recommended to attend all five sessions