

B R E A T H E  
the lung association

# **Saskatchewan Pulmonary Rehabilitation Programs 2018**

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List of sites and contact information for programs available for Saskatchewan residents living with lung disease.

## Arcola

### Pulmonary Rehab

#### Arcola Health Centre

607 Prairie Avenue, Arcola, SK SoC oGo

**Contact:**

*Tamara Kapell, PT*

[tamara.kapell@saskhealthauthority.ca](mailto:tamara.kapell@saskhealthauthority.ca)

306-455-2628 Fax: 306-455-2397

**Cost:** free

**Length of Program:** 6 weeks, with follow-up at 3, 6, and 12 months

**Wait Period:** variable

**Referral:** Anyone can refer

**What the program offers:** Group education by Telehealth. Individual assessment & home exercise program.

**Audience:** Adults with COPD

**Types of patients we accept:** Outpatient

## Assiniboia

### Pulmonary Rehab via Telehealth

**Contact:**

*Jared Dormer*

[jared.dormer@saskhealthauthority.ca](mailto:jared.dormer@saskhealthauthority.ca)

306-694-0201 Fax: 306-694-8710

**Cost:** free

**Length of Program:** 12 weeks

**Referral:** MD

**Other:** Education via Telehealth.

**What the program offers:** Exercise, education

**Audience:** Adults

**Types of patients we accept:** Outpatients

## Bengough

### Multidisciplinary COPD Program & Pulmonary Rehab

**Contact:**

*Candace Kopec, Regional Manager CDM*

[candace.kopec@saskhealthauthority.ca](mailto:candace.kopec@saskhealthauthority.ca)

306-842-8366 Fax 306-848-1022

**Cost:** free

**Length of Program:** 6 months

**Wait Period:** 0-6 weeks

**Referral:** Anyone can refer

**What the program offers:** Physiotherapy and Pharmacy Initial Consults, guided home exercise program, 6 weekly sessions of self-management education via telehealth, Physio follow ups at 6 weeks, 3 months, 6 months. Pharmacy follow up at 3 months.

**Audience:** Outpatient adults with COPD

## Central Butte

### Pulmonary Rehab via Telehealth

**Contact:**

*Jared Dormer, ET*

[jared.dormer@saskhealthauthority.ca](mailto:jared.dormer@saskhealthauthority.ca)

306-694-0201 Fax: 306-694-8710

**Cost:** free

**Length of Program:** 12 weeks

**Referral:** MD

**Other:** Education via Telehealth. Home exercise program will be given to client.

**What the program offers:** Exercise, education

**Audience:** Outpatient adults

## Coronach

### Multidisciplinary COPD Program & Pulmonary Rehab

**Contact:**

Candace Kopec, Regional Manager CDM

[candace.kopec@saskhealthauthority.ca](mailto:candace.kopec@saskhealthauthority.ca)

306-842-8366 Fax 306-848-1022

**Cost:** free

**Length of Program:** 6 months

**Wait Period:** 0-6 weeks

**Referral:** Anyone can refer

**What the program offers:** Physiotherapy and Pharmacy Initial Consults, guided home exercise program, 6 weekly sessions of self-management education via telehealth, Physio follow ups at 6 weeks, 3 months, 6 months. Pharmacy follow up at 3 months.

**Audience:** Outpatient adults with COPD

## Craik

### Pulmonary Rehab via Telehealth

**Contact:**

Jared Dormer, ET

[jared.dormer@saskhealthauthority.ca](mailto:jared.dormer@saskhealthauthority.ca)

306-694-0201 Fax: 306-694-8710

**Cost:** free

**Length of Program:** 12 weeks

**Referral:** MD

**Other:** Education via Telehealth. Home exercise program will be given to client.

**What the program offers:** Exercise, education

**Audience:** Outpatient adults

## Estevan

### Pulmonary Rehab & COPD Clinic

1174 Nicholson Road, Estevan, SK S4A 2V6

**Contact:**

Jenna Lesy, PT (on maternity leave)

[jenna.lesy@saskhealthauthority.ca](mailto:jenna.lesy@saskhealthauthority.ca)

306-637-2410 Fax: 306-637-2485

**Cost:** free

**Length of Program:** 6 weeks, with follow-up at 3, 6, and 12 months

**Wait Period:** variable

**Referral:** Anyone can refer

**What the program offers:** Group education/exercise. If there are not enough participants to run a group, individual education and exercise will be provided.

**Audience:** Outpatient adults with COPD

## Fort Qu'Appelle

### Pulmonary Rehab

Fort Qu'Appelle Primary Health Care Centre -  
178 Boundary Ave N, Fort Qu'Appelle, SK S0G 1S0

**Contact:**

Jill Currie-Noble, Primary Health Care Nurse

[jill.noble@saskhealthauthority.ca](mailto:jill.noble@saskhealthauthority.ca)

306-332-3326

**Cost:** free

**Length of Program:** Monday, Wednesday, Friday  
1300-1400

**Referral:** MD

**Other:** Done via Telehealth

**What the program offers:** Assessment, exercise, education

**Audience:** Outpatient adults

**Testing:** Jill Currie-Noble - 306-332-3326

Lisa Schill - 306-334-6260

## Gravelbourg

### Pulmonary Rehab via Telehealth

**Contact:**

Jared Dormer, ET

[jared.dormer@saskhealthauthority.ca](mailto:jared.dormer@saskhealthauthority.ca)

306-694-0201 Fax: 306-694-8710

**Cost:** free

**Length of Program:** 12 weeks

**Referral:** MD

**Other:** Education via Telehealth

**What the program offers:** Exercise, education

**Audience:** Outpatient adults

## Grenfell

### Pulmonary Rehab

**Contact:**

Ginger Richter, RN, CRE

[ginger.richter@saskhealthauthority.ca](mailto:ginger.richter@saskhealthauthority.ca)

306-697-4028 Fax: 306-697-4023

**Cost:** free

**Length of Program:** 8 weeks, twice per week

**Referral:** Anyone can refer

**Other:** Offered once per year in spring

**What the program offers:** Exercise, education, and assessment

**Audience:** Outpatient adults

## Hudson Bay

### Pulmonary Rehab

#### Hudson Bay Health Care Facility

614 Prince St., Hudson Bay SK SoE oYo

**Contact:**

Amanda Bohachewski, ET

[amanda.bohachewski@saskhealthauthority.ca](mailto:amanda.bohachewski@saskhealthauthority.ca)

306-862-7269 Fax: 306-862-3250

**Cost:** No cost

**Length of Program:** 6 weeks, spring & fall, intake may be continuous

**Referral:** MD/NP

**What the program offers:** Exercise, education. All education for Melfort, Nipawin, Porcupine Plain and Tisdale is done via telehealth but rotates day to day. Home exercise programs are taught.

**Audience:** Outpatient adults

## Humboldt

### Humboldt LIFE Program

#### Humboldt Uniplex

619 17th Street, Humboldt, SK SoK 2Ao

**Contact:**

Caroline Hinz, Chronic Disease Nurse Educator, CRE

[caroline.hinz@saskhealthauthority.ca](mailto:caroline.hinz@saskhealthauthority.ca)

306-682-8153 Fax: 306-682-4417

Blair Niekamp, Exercise Therapist

[blair.niekamp@saskhealthauthority.ca](mailto:blair.niekamp@saskhealthauthority.ca)

306-682-7195 Fax: 306-682-4417

**Cost:** \$20

**Length of Program:** variable

**Wait Period:** variable

**Referral:** MD

**What the program offers:** Exercise/education/spirometry/support

**Audience:** Outpatient adults

## Indian Head

### Pulmonary Rehab

**Contact:**

Ginger Richter, RN, CRE

[ginger.richter@saskhealthauthority.ca](mailto:ginger.richter@saskhealthauthority.ca)

306-697-4028 Fax: 306-697-4023

**Cost:** free

**Length of Program:** 8 weeks, twice per week

**Referral:** Anyone can refer

**Other:** Offered once per year in fall

**What the program offers:** Exercise, education, and assessment

**Audience:** Outpatient adults

## Kipling

### Pulmonary Rehab

#### Kipling Integrated Health Centre

906 Industrial Dr, Kipling, SK SoG 2So

**Contact:**

Tamara Kapell, PT

[tamara.kapell@saskhealthauthority.ca](mailto:tamara.kapell@saskhealthauthority.ca)

306-736-5509 Fax: 306-736-8407

**Cost:** free

**Length of Program:** 6 weeks, with follow-up at 3, 6, and 12 months

**Wait Period:** variable

**Referral:** Anyone can refer

**What the program offers:** Group education by Telehealth. Individual assessment & home exercise program.

**Audience:** Outpatient adults with COPD

## Leader

### Pulmonary Rehab via Telehealth

**Contact:**

Curtis Newton, PT

[curtis.newton@saskhealthauthority.ca](mailto:curtis.newton@saskhealthauthority.ca)

306-778-9402

**Cost:** \$5 for a theraband

**Length of program:** 6 weeks

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, support

**Audience:** Outpatient adults

**Testing:** No spirometry

## Lloydminster

### STRIDES Program

#### Prairie North Plaza

Suite 109, 4910-50 St, Lloydminster, SK S9V 0Y5

**Contact:**

Coleen Ribey, BScN

[coleen.ribey@saskhealthauthority.ca](mailto:coleen.ribey@saskhealthauthority.ca)

306-820-6262 Fax: 306-820-6256

Zelda du Plooy, RN

[zelda.duplooy@saskhealthauthority.ca](mailto:zelda.duplooy@saskhealthauthority.ca)

306-820-6243

**Cost:** no cost

**Length of Program:** 12 weeks

**Schedule:** 3x/week plus 1 day education

**Referral:** Anyone can refer

**Wait Period:** None

**What the program offers:** Assessment, exercise, education, maintenance or follow-up 12 sessions; extra classes for pulmonary program (combined cardiac and pulmonary program)

**Audience:** Outpatient adults

## Maple Creek

### Pulmonary Rehab via Telehealth

**Contact:**

Curtis Newton, PT

[curtis.newton@saskhealthauthority.ca](mailto:curtis.newton@saskhealthauthority.ca)

306-778-9402

**Cost:** \$5

**Length of program:** 6 weeks

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, support

**Audience:** Outpatient adults

**Testing:** No spirometry

## Meadow Lake

### STRIDES Program

#### Meadow Lake Primary Care Center

218 Center St, Meadow Lake, SK S9X 1Z1

**Contact:**

Armande Ferland, Program Lead

[armande.ferland@saskhealthauthority.ca](mailto:armande.ferland@saskhealthauthority.ca)

306-236-1579

Eunice Stevenot, Chronic Disease Nurse Educator

[eunice.stevenot@saskhealthauthority.ca](mailto:eunice.stevenot@saskhealthauthority.ca)

**Cost:** No cost

**Length of Program:** 12 sessions

**Schedule:** 3x/week plus 1 day education

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, maintenance or follow-up.

**Audience:** Outpatient adults

## Melfort

### Pulmonary Rehab

#### Parkland Place

402 Bemister Ave, Melfort, SK SoE 1A0

**Contact:**

Colleen Naber, Director of Therapies

[colleen.naber@saskhealthauthority.ca](mailto:colleen.naber@saskhealthauthority.ca)

306-752-1750

Fax: 306-752-7006

**Cost:** No cost

**Length of Program:** 6 weeks, spring & fall, intake may be continuous

**Referral:** MD/NP

**What the program offers:** Exercise, education. All education for Melfort, Nipawin, Porcupine Plain and Tisdale is done via telehealth but rotates day to day. It is live in one of the four locations and telehealth in the other two locations. Exercise is done "live" in each of the four locations.

**Audience:** Outpatient adults

## Melville

### COPD Pulmonary Rehab

#### Horizon Credit Union Centre

575 2nd Ave W, Melville, SK SoA 2P0

**Contact:**

Kerry O'Donnell, RN

[kerry.o'donnell@saskhealthauthority.ca](mailto:kerry.o'donnell@saskhealthauthority.ca)

306-786-0768

**Cost:** free

**Length of Program:** 6 weeks, 2 days/week

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, support

**Audience:** Outpatient adults

**Testing:** Full Pulmonary Function Lab in Yorkton

## Moose Jaw

### Pulmonary Rehab

#### Providence Place – Exercise Therapy Rehabilitation Services

100 2 Ave NE, Moose Jaw, SK. S6H 1B8

#### Contact:

Jared Dormer, ET

[jared.dormer@saskhealthauthority.ca](mailto:jared.dormer@saskhealthauthority.ca)

306-694-0201 Fax: 306-694-8710

**Cost:** free

**Length of Program:** 12 weeks & continuous

**Referral:** MD

**Other:** Continuous entry classes

**What the program offers:** Exercise, education

**Audience:** Outpatient adults

## Nipawin

### Pulmonary Rehab

#### Nipawin Hospital

6th Street E, Nipawin, SK, SoE 1E0

#### Contact:

Amanda Bohachewski, ET

[amanda.bohachewski@saskhealthauthority.ca](mailto:amanda.bohachewski@saskhealthauthority.ca)

306-862-7269 Fax: 306-862-3250

**Cost:** No cost

**Length of Program:** 6 weeks, spring & fall, intake may be continuous

**Referral:** MD/NP

**What the program offers:** Exercise, education. All education for Melfort, Nipawin, Porcupine Plain and Tisdale is done via telehealth but rotates day to day.

**Audience:** Outpatient adults

## North Battleford

### STRIDES Program

#### Alex Dillabough Centre

421 28th St W, North Battleford, SK SoM oEo

#### Contact:

Michele Grasby, Chronic Disease Nurse Educator

[michele.grasby@saskhealthauthority.ca](mailto:michele.grasby@saskhealthauthority.ca)

306-446-6404

Delia Massey, Chronic Disease Nurse Educator  
(Maternity leave)

Temp replacement; Tara Campbell COPD Educator

[delia.massey@saskhealthauthority.ca](mailto:delia.massey@saskhealthauthority.ca)

306-446-6549

**Cost:** No cost

**Length of Program:** 12 weeks

**Schedule:** 3x/week plus 1 day education

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, maintenance or follow-up 12 sessions;

**Audience:** Outpatient adults

## Outlook

### Breathe Easy Pulmonary Rehab

#### Outlook Health Center

500 Semple St., SoL 2No

#### Contact:

Megan Sweet

[megan.sweet@saskhealthauthority.ca](mailto:megan.sweet@saskhealthauthority.ca)

306-867-6876 ext 405 Fax: 306-867-9449

**Length:** 6 weeks

**Schedule:** 2x week usually once/year

**Referral:** Self-referral

**Education:** ½ hr and 1hr exercise

**Audience:** Adults with chronic lung disease

- Can continue to walk this Way Program upon graduation

## Outlook

Multi-Disease Rehab-Walk this Way to Better Health

### Outlook Civic Centre

520 Semple St, Outlook, SK SoL 2No

#### Contact:

Cathy Longtin, Chronic Disease Nurse

[cathy.longtin@saskhealthauthority.ca](mailto:cathy.longtin@saskhealthauthority.ca)

306-882-2672 ext.2208 Fax: 306-882-6474

**Cost:** no cost

**Length of Program:** ongoing

**Schedule:** 2x/week, Mon & Wed am

**Referral:** Anyone can refer

**Other:** Entry at any time.

**What the program offers:** Walking, stretching, and strengthening exercises

**Audience:** Outpatients adults with chronic disease

## Prince Albert

FitLife Program – Multi-Disease Rehab

### Alfred Jenkins Fieldhouse

217-2345 10th Ave W, Prince Albert S6V 7V6

#### Contact:

Robin Gyoerick, Exercise Therapist

[robin.gyoerick@saskhealthauthority.ca](mailto:robin.gyoerick@saskhealthauthority.ca)

306-765-6590 Fax: 306-765-6594

**Cost:** First month \$35 subsequent months - \$20

**Length of Program:** 12 weeks or more

**Wait Period:** None

**Referral:** Anyone can refer

**Other:** graduate status after program

**What the program offers:** Exercise, education

**Audience:** Adults with COPD, asthma or pulmonary fibrosis

## Porcupine Plain

Pulmonary Rehab

### Porcupine Carragana Hospital

Windsor Avenue, Porcupine Plain, SK SoE 1Ho

#### Contact:

Amanda Bohachewski, ET

[amanda.bohachewski@saskhealthauthority.ca](mailto:amanda.bohachewski@saskhealthauthority.ca)

306-862-7269 Fax: 306-862-3250

**Cost:** No cost

**Length of Program:** 6 weeks, Spring & Fall, intake may be continuous

**Referral:** MD/NP

**What the program offers:** All education for Melfort, Nipawin, Porcupine Plain and Tisdale is done via telehealth but rotates day to day. It is live in one of the four locations and telehealth in the other two locations. Exercise is done “live” in Melfort, Tisdale and Nipawin and is live in Porcupine Plain, depending on where the NP is working.

**Audience:** Adults

## Radville

Multidisciplinary COPD Program & Pulmonary Rehab

#### Contact:

Candace Kopec, Regional Manager CDM

[candace.kopec@saskhealthauthority.ca](mailto:candace.kopec@saskhealthauthority.ca)

306-842-8366 Fax 306-848-1022

**Cost:** free

**Length of Program:** 6 months

**Wait Period:** 0-6 weeks

**Referral:** Anyone can refer

**What the program offers:** Physiotherapy and Pharmacy Initial Consults, guided home exercise program, 6 weekly sessions of self-management education via telehealth, Physio follow ups at 6 weeks, 3 months, 6 months. Pharmacy follow up at 3 months.

**Audience:** Outpatient adults with COPD



<p><b>Regina</b></p> <p><b>COPD Management and Rehab Pathway</b>  <b>Multiple locations in the North, East, Central, and South Networks</b></p> <p><b>Contact:</b>  <i>Amy Reid, RRT, FCSRT, CRE</i>  <a href="mailto:amy.reid@saskhealthauthority.ca">amy.reid@saskhealthauthority.ca</a>  306-766-6280 Fax: 306-7222</p> <p><b>Cost:</b> No cost</p> <p><b>Length of Program:</b> 8-12 weeks</p> <p><b>Wait Period:</b> 3-6 months</p> <p><b>Referral:</b> Anyone can refer</p> <p><b>What the program offers:</b> Assessment, exercise, education in the community by Certified Respiratory Educators</p> <p><b>Audience:</b> Adults</p>	<p><b>Regina</b></p> <p><b>Multi-Disease Rehab (Love2Live)</b>  <b>Dr. Paul Schwann Applied Health and Research Centre</b>  University of Regina - Regina, SK S4S 0A2</p> <p><b>Contact:</b>  <a href="mailto:schwann.centre@uregina.ca">schwann.centre@uregina.ca</a>  306-585-4004 Fax: 306-585-5363  <a href="http://www.uregina.ca/dpsc">www.uregina.ca/dpsc</a></p> <p><b>Cost:</b> \$440.00</p> <p><b>Length of Program:</b> Initial 2 hour assessment and 12 week session (Can be paid \$146.66 monthly for three months)</p> <p><b>Referral:</b> MD</p> <p><b>What the program offers:</b> Exercise, education, offers spirometry for participants</p> <p><b>Audience:</b> Adults with chronic disease</p> <p><b>Testing:</b> Spirometry</p>
<p><b>Rosetown</b></p> <p><b>Breathe Easy</b>  <b>Rosetown Hospital</b></p> <p><b>Contact:</b>  <i>Laurie Wiens</i>  <a href="mailto:laurie.wiens@saskhealthauthority.ca">laurie.wiens@saskhealthauthority.ca</a>  306-822-2672 ext 2285 Fax: 306-882-6474</p> <p><b>Length of Program:</b> 2x/wk usually once/year</p> <p><b>Referral:</b> Anyone can refer</p> <p><b>Education:</b> ½ hr and 1 hr exercise</p> <p><b>Audience:</b> Adults with chronic lung disease</p> <p>*Can continue on to Walk this way program after graduation</p>	<p><b>Rosetown</b></p> <p><b>Multi-Disease Rehab-Walk this Way to Better Health</b>  <b>Rosetown Civic Centre</b>  1005 Main St, Rosetown, SK SoL2Vo</p> <p><b>Contact:</b>  <i>Cathy Longtin, Chronic Disease Nurse</i>  <a href="mailto:cathy.longtin@saskhealthauthority.ca">cathy.longtin@saskhealthauthority.ca</a>  306-882-2672 ext.2208 Fax: 306-882-6474</p> <p><b>Cost:</b> no cost</p> <p><b>Length of Program:</b> ongoing</p> <p><b>Schedule:</b> 2x/week, Mon &amp; Wed am</p> <p><b>Referral:</b> Anyone can refer</p> <p><b>Other:</b> Entry at any time</p> <p><b>What the program offers:</b> Walking, stretching, &amp; strengthening exercises</p> <p><b>Audience:</b> Adults outpatients with chronic disease</p>

## Rosthern

### Chronic Disease Management Exercise Program

**Contact:**

Bonnie Anderson, Exercise Therapist

[bonnie.anderson@saskhealthauthority.ca](mailto:bonnie.anderson@saskhealthauthority.ca)

306-554-3312 Ext: 261

**Cost:** free

**Length of Program:** N/A

**Wait Period:** variable

**Referral:** Anyone can refer. Fax referral to Central Booking 306-655-6758

**What the program offers:** individual exercise assessment and home programming. Education available from CDM nurse.

**Audience:** Outpatient adults

## Saskatoon – Field House

### Pulmonary Rehab

#### Saskatoon Field House

2020 College Dr, Saskatoon, SK S7N 2W4

**Contact:**

Brent Friesen, CRE

[brent.friesen@saskhealthauthority.ca](mailto:brent.friesen@saskhealthauthority.ca)

306-655-2480 Fax: 306-655-6758

**Cost:** \$30.00/month - participant, \$20/month - support

**Length of Program:** Ongoing – evening sessions available.

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Exercise, education

**Audience:** Adults

**Testing:** Full Pulmonary Function

## Saskatoon – Shaw Centre

### Pulmonary Rehab

#### Shaw Centre

122 Bowlt Crescent, Saskatoon, SK S7M 0L1

**Contact:**

Tristan Etcheverry, CRE

[tristan.etcheverry@saskhealthauthority.ca](mailto:tristan.etcheverry@saskhealthauthority.ca)

306-655-2480 Fax: 306-655-6758

**Cost:** \$30.00/month - participant, \$20/month - support

**Length of Program:** Ongoing

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Exercise, education

**Audience:** Adults

**Testing:** Full Pulmonary Function

## Shaunavon

### Pulmonary Rehab via Telehealth

**Contact:**

Jody Rice, PT

[jody.rice@saskhealthauthority.ca](mailto:jody.rice@saskhealthauthority.ca)

306-297-1991

**Cost:** \$5

**Length of program:** 6 weeks

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, support, education

**Audience:** Adults

**Testing:** No spirometry

## Spiritwood

### Respiratory Health Clinic

#### Spiritwood Primary Health Care Clinic

400 1st St E, Spiritwood, SK S0J 2M0

**Contact:**

Barb Warkentin, NP

[bwarkentin@paphr.sk.ca](mailto:bwarkentin@paphr.sk.ca)

306-883-4489

**Cost:** Free

**Length of program:** ongoing

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, support

**Audience:** Adults and children who have diagnosis of asthma, COPD, or other lung disorder that is chronic

**Testing:** Spirometry available

## Swift Current

### Pulmonary Rehab

#### Cypress Regional Hospital

2004 Saskatchewan Dr, Swift Current, SK S9H 5M8

**Contact:**

Curtis Newton, PT

[curtis.newton@saskhealthauthority.ca](mailto:curtis.newton@saskhealthauthority.ca)

306-778-9402

**Cost:** \$5

**Length of program:** 6 weeks

**Wait Period:** None

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education, support

**Audience:** Adults

**Testing:** No spirometry

**For others who don't need a lot of monitoring:**

Walking 2 a Healthier U - Barb Lindsay 1-306-778-5445

## Tisdale

### Pulmonary Rehab

#### Tisdale Hospital

2010 - 110th Avenue West, Tisdale, SK S0E 1T0

**Contact:**

Amanda Bohachewski, ET

[amanda.bohachewski@saskhealthauthority.ca](mailto:amanda.bohachewski@saskhealthauthority.ca)

306-862-7269

Fax: 306-862-3250

**Cost:** No cost

**Length of Program:** 6 weeks, Spring & Fall, intake may be continuous

**Referral:** MD/NP

**What the program offers:** Exercise, Education. All education for Melfort, Nipawin, Porcupine Plain and Tisdale is done via telehealth but rotates day to day.

**Audience:** Adults

## Wadena

### Chronic Disease Management Exercise Program

**Contact:**

Marcey Ukrainetz, Exercise Therapist

[marcey.ukrainetz@saskhealthauthority.ca](mailto:marcey.ukrainetz@saskhealthauthority.ca)

306-554-3312 Ext: 261

**Cost:** free

**Length of Program:** N/A

**Wait Period:** variable

**Referral:** Anyone can refer. Fax referral to Central Booking 306-655-6758

**What the program offers:** individual exercise assessment and home programming. Education available from CDM nurse.

**Audience:** Outpatient adults

<p><b>Wakaw</b></p> <p><b>Chronic Disease Management Exercise Program</b></p> <p><b>Contact:</b>  <i>Bonnie Anderson</i>, Exercise Therapist  <a href="mailto:bonnie.anderson@saskhealthauthority.ca">bonnie.anderson@saskhealthauthority.ca</a>  306-554-3312 Ext: 261</p> <p><b>Cost:</b> free</p> <p><b>Length of Program:</b> N/A</p> <p><b>Wait Period:</b> variable</p> <p><b>Referral:</b> Anyone can refer. Fax referral to Central Booking 306-655-6758</p> <p><b>What the program offers:</b> individual exercise assessment and home programming. Education available from CDM nurse.</p> <p><b>Audience:</b> Outpatient adults</p>	<p><b>Weyburn</b></p> <p><b>Pulmonary Rehab</b></p> <p><b>Tatagwa View</b>  808 Souris Valley Road, Weyburn, SK S4H 2Z9</p> <p><b>Contact:</b>  <i>Candace Kopec</i>, Regional Manager CDM  <a href="mailto:candace.kopec@saskhealthauthority.ca">candace.kopec@saskhealthauthority.ca</a>  306-842-8366 Fax 306-848-1022</p> <p><b>Cost:</b> free</p> <p><b>Length of Program:</b> 6 months</p> <p><b>Wait Period:</b> 0-6 weeks</p> <p><b>Referral:</b> Anyone can refer</p> <p><b>What the program offers:</b> Physiotherapy and Pharmacy Initial Consults, guided home exercise program, 6 weekly sessions of self-management education via telehealth, Physio follow ups at 6 weeks, 3 months, 6 months. Pharmacy follow up at 3 months.</p> <p><b>Audience:</b> Outpatient adults with COPD</p>
<p><b>Wynyard</b></p> <p><b>Chronic Disease Management Exercise Program</b></p> <p><b>Contact:</b>  <i>Marcey Ukrainetz</i>, Exercise Therapist  <a href="mailto:marcey.ukrainetz@saskhealthauthority.ca">marcey.ukrainetz@saskhealthauthority.ca</a>  306-554-3312 Ext: 261</p> <p><b>Cost:</b> free</p> <p><b>Length of Program:</b> N/A</p> <p><b>Wait Period:</b> variable</p> <p><b>Referral:</b> Anyone can refer. Fax referral to Central Booking 306-655-6758</p> <p><b>What the program offers:</b> individual exercise assessment and home programming. Education available from CDM nurse.</p> <p><b>Audience:</b> Outpatient adults</p>	<p><b>Yorkton</b></p> <p><b>COPD/ Pulmonary Rehab</b></p> <p><b>Gallagher Centre</b>  455 Broadway Street West, Yorkton, SK S3N 2W3</p> <p><b>Contact:</b>  <i>Kerry O'Donnell</i>, RN  <a href="mailto:kerry.o'donnell@saskhealthauthority.ca">kerry.o'donnell@saskhealthauthority.ca</a>  306-786-0768</p> <p><b>Cost:</b> \$2/session</p> <p><b>Length of Program:</b> 6 weeks, 2 days/week</p> <p><b>Wait Period:</b> None</p> <p><b>Referral:</b> Anyone can refer</p> <p><b>What the program offers:</b> Assessment, exercise, education, support</p> <p><b>Audience:</b> Adults with lung disease</p> <p><b>Testing:</b> Full Pulmonary Function Lab in Yorkton</p>