

# FIT2Breathe

## 8 Week Program

### F2B Consists of:

- Pre and post lung function testing
- Training with harmonica  
[no music experience necessary]
- 30 Minute breath work

### 30 Minute Education Topics:

infection prevention  
energy conservation  
medications  
nutrition  
Lung health and  
disease  
exercise modifications

10-30 Minutes of Exercise  
Tailored to your specific needs  
and abilities



2711 Pleasant St, Suite 1E  
Eau Claire, WI 54701  
715-456-1936



Evolving Wellness Corp  
501(c)(3)  
2645 Harlem Street  
Eau Claire, WI 54701

# FIT2Breathe

FIT2Breathe is a grant funded education and exercise program for anyone with breathing problems.

FIT2Breathe offers breath training with Music Therapy and Respiratory Therapy. Our program provides skills tailored to fit your needs and will improve the quality of your life!

Call Evolving Wellness  
715-514-4233

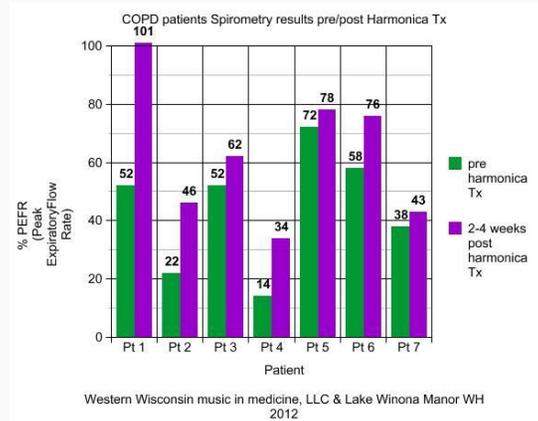


# Meet Carol

Carol Rudd, is a retired respiratory therapist with more than 40 years experience in the hospital setting. As a life-long asthmatic, her passion has been to help those struggling with breathing problems. Carol is also a LMT and Qigong instructor with a focus on energy awareness and healing. AMMA Therapy follows the energy pathways, similar to an acupuncturist but without needles. With a goal to unblock 'stuck' energy and promote healing balance in the body, Qigong is an energy focused practice that increases awareness, balance and inner calm.



'Now that I am 'retired,' I get to provide services not found in a traditional healthcare setting. My mission is to help those diagnosed with asthma, bronchitis, emphysema or any restrictive disease as well as anyone struggling with symptoms such as shortness of breath, cough, phlegm or allergies. I look forward to working with you!



## FIT2Breathe

Offers individualized coaching in skills that will enhance your quality of life. FIT2Breathe is more than learning how to use your inhalers or just manage your disease, the skills learned will empower you to live well!

# Meet Kim

Kim Negus has 25 years experience in Rehabilitation as a practicing Neurologic Music Therapist and Occupational Therapy Assistant. The H.A.R.P.'s for Health [Harmonica and Respiratory Program] was created by team members of her company Western Wisconsin Music in Medicine, LLC. A clinical study completed by Occupational, Speech, Respiratory and Music Therapists was completed at Winona Health, Winona MN, and concluded that patients could greatly improve their lung health and titrate and/or wean off Oxygen as a result of the program, within 2-5 weeks following the harmonica exercises program. Kim has struggled with Asthma her entire life, and harmonica has improved her lung health and she is excited to share this program with others.

