

B R E A T H E  
the lung association

# **Saskatchewan Pulmonary Rehabilitation Programs 2019**

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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 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.

## 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

**Types of patients we accept:** Outpatients

## Balcarres

### Pulmonary Rehab

#### Balcarres Integrated Care Centre

100 Elgin St, Balcarres, SK SoG oCo

#### Contact:

Lisa Schill, CRE, Primary Health Care Nurse

[lisa.schill@saskhealthauthority.ca](mailto:lisa.schill@saskhealthauthority.ca)

306-334-6264

**Cost:** free

**Length of Program:** twice a week for 8 weeks. Try to offer this 2-3x per year.

**Referral:** Anyone can refer

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

**Testing:** spirometry available

## Bengough

### 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.

## 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

## Coronach

### 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.

## 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

## Estevan

### Pulmonary Rehab

1174 Nicholson Road, Estevan, SK S4A 2V6

**Contact:**

Darrell Sydiaha, ET

[darrell.sydiaha@saskhealthauthority.ca](mailto:darrell.sydiaha@saskhealthauthority.ca)

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

**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.

## Fort Qu'Appelle

### Pulmonary Rehab

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

**Contact:**

Lisa Schill, CRE, Primary Health Care Nurse  
[lisa.schill@saskhealthauthority.ca](mailto:lisa.schill@saskhealthauthority.ca)  
306-334-6264

**Cost:** free

**Length of Program:** twice a week for 8 weeks. Try to offer this 2-3x per year.

**Referral:** Anyone can refer

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

**Testing:** spirometry available

## 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

## 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

## Hudson Bay

### Pulmonary Rehab

**Hudson Bay Health Care Facility**

614 Prince St., Hudson Bay SK SoE oYo

**Contact:**

306-862-9822

**Cost:** No cost

**Referral:** MD/NP

**What the program offers:** COPD education and support. Education offered several times a year via Telehealth. Exercise therapist will visit on occasion and for assessment. For supervised exercise therapy, travel to Melfort, Nipawin, or Tisdale is required. Certified Respiratory Educator available for consult.

## Humboldt

### Humboldt LIFE Program

#### Humboldt Uniplex

619 17th Street, Humboldt, SK SoK 2A0

**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

## 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

## Kipling

### Pulmonary Rehab

#### Kipling Integrated Health Centre

906 Industrial Dr, Kipling, SK SoG 2S0

**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 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.

## 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

**Testing:** No spirometry

## Lloydminster

### Pulmonary Rehab

#### Prairie North Plaza

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

**Contact:**

Zelda du Plooy, RN (Pulmonary Rehab)

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

306-820-6243

**Cost:** no cost

**Length of Program:** 12 weeks

**Schedule:** 2x/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)

## 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

**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

Ida Seright, Chronic Disease Nurse Educator

[ida.seright@saskhealthauthority.ca](mailto:ida.seright@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.

## Melfort

### Pulmonary Rehab

#### Parkland Place

402 Bemister Ave, Melfort, SK S0E 1A0

**Contact:**

Colleen Naber, Director of Primary Health Care

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

306-752-1750 for booking

**Cost:** No cost

**Length of Program:** Intake anytime, exercise therapy established prior to education portion.

**Referral:** MD/NP

**What the program offers:** Exercise, education, and support. Education offered several times a year via Telehealth. All education done by Telehealth. Certified Respiratory Educator available for consult.

## Melville

### COPD Pulmonary Rehab

#### Horizon Credit Union Centre

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

**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

**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

## Nipawin

### Pulmonary Rehab

#### Nipawin Hospital

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

**Contact:**

*Amanda Bohachewski, ET*

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

306-862-9822

**Cost:** No cost

**Length of Program:** Intake anytime, exercise therapy established prior to education portion.

**Referral:** MD/NP

**What the program offers:** Exercise, education, and support. Education offered several times a year via Telehealth. All education for Hudson Bay, Melfort, Nipawin, Porcupine Plain, and Tisdale is via Telehealth. Certified Respiratory Educator available for consult.

## North Battleford

### Pulmonary Rehab

#### Alex Dillabough Centre

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

**Contact:**

*Blaine Bentley, RN, CRE*

[Blaine.Bentley@saskhealthauthority.ca](mailto:Blaine.Bentley@saskhealthauthority.ca)

306-446-6549

*Robyn Oborowsky, RN, CRE*

[Robyn.oborowsky@saskhealthauthority.ca](mailto:Robyn.oborowsky@saskhealthauthority.ca)

306-446-6549

**Cost:** No cost

**Length of Program:** 12 weeks

**Schedule:** 2x/week on Monday and Wednesday, Education offered 4x/year, once weekly for 8 weeks

**Wait Period:** None

**Referral:** Anyone can refer

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

## Outlook

### Breathe Easy Pulmonary Rehab

#### Outlook Health Center

500 Semple St., SoL 2No

**Contact:**

Megan Sweet, PT (on maternity leave)

306-867-5043 Fax: 306-867-9449

**Length:** 6 weeks

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

**Referral:** Self-referral

**Education:** ½ hr and 1hr exercise

- 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:**

Jennifer Frerichs, Chronic Disease Nurse

[jennifer.frerichs@saskhealthauthority.ca](mailto:jennifer.frerichs@saskhealthauthority.ca)

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

**Cost:** no cost

**Length of Program:** ongoing

**Schedule:** 3x/week

**Referral:** Anyone can refer

**Other:** Entry at any time.

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

## 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

## Radville

### Pulmonary Rehab

#### Radville Health Centre

840 Conrad Avenue, Radville, SK SoC 2Go

**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.



## Regina

### Chronic Conditions Rehab & COPD Management Pathway

Multiple locations in the North, East, Central, and South Networks

**Contact:**

Amy Reid, RRT, FCSRT, CRE  
[amy.reid@saskhealthauthority.ca](mailto:amy.reid@saskhealthauthority.ca)  
306-766-6280 Fax: 306-7222

**Cost:** No cost

**Length of Program:** 8-12 weeks

**Wait Period:** 3-6 months

**Referral:** Anyone can refer

**What the program offers:** Assessment, exercise, education in the community by Certified Respiratory Educators.

## Regina

### Multi-Disease Rehab (Love2Live)

Dr. Paul Schwann Applied Health and Research Centre

University of Regina - Regina, SK S4S 0A2

**Contact:**

[schwann.centre@uregina.ca](mailto:schwann.centre@uregina.ca)  
306-585-4004 Fax: 306-585-5363  
[www.uregina.ca/dpsc](http://www.uregina.ca/dpsc)

**Cost:** \$440.00, insurance may cover a portion of this

**Referral:** MD/NP

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

**Testing:** Spirometry possible

## Rosetown

### Breathe Easy Pulmonary Rehab

Rosetown Hospital

409 – Highway 4 North, Rosetown, SK SoL 2Vo

**Contact:**

Laurie Wiens  
[laurie.wiens@saskhealthauthority.ca](mailto:laurie.wiens@saskhealthauthority.ca)  
306-882-2672 ext 2285 Fax: 306-882-6474

**Length of Program:** 2x/wk usually offered once per year in the fall

**Referral:** Anyone can refer

**Education:** ½ hr and 1 hr exercise

\*Can continue on to Walk This Way program after graduation

## Rosetown

### Multi-Disease Rehab-Walk this Way to Better Health

Rosetown Civic Centre

1005 Main St, Rosetown, SK SoL 2Vo

**Contact:**

Jennifer Frerichs, Chronic Disease Nurse  
[Jennifer.frerichs@saskhealthauthority.ca](mailto:Jennifer.frerichs@saskhealthauthority.ca)  
306-882-2672 ext.2208 Fax: 306-882-6474

**Cost:** no cost

**Length of Program:** ongoing

**Schedule:** 3x/week

**Referral:** Anyone can refer

**Other:** Entry at any time

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

## **Rosthern**

### **Chronic Disease Management Exercise Program**

**Contact:**

Bonnie Anderson, Exercise Therapist

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

306-233-4023

**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.

## **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

**Testing:** Access to Full Pulmonary Function

## **Saskatoon – Shaw Centre**

### **Pulmonary Rehab**

#### **Shaw Centre**

122 Bowlt Crescent, Saskatoon, SK S7M 0L1

**Contact:**

Stacy Sigfusson, CRE

[stacy.sigfusson@saskhealthauthority.ca](mailto:stacy.sigfusson@saskhealthauthority.ca)

306-655-4051 Fax: 306-655-4056

**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

**Testing:** Access to 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, exercise and education 2x/week

**Wait Period:** None – offered in Spring and Fall

**Referral:** Anyone can refer

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

## 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

**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

**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:**

306-862-9822

**Cost:** No cost

**Length of Program:** Intake anytime. Exercise therapy established prior to education portion.

**Referral:** MD/NP

**What the program offers:** Exercise, education, and support. Education offered several times a year via Telehealth. All education via Telehealth and available across the region. Certified Respiratory Educator available for consult.

## Wadena

### Chronic Disease Management Exercise Program

**Contact:**

Marcey Ukrainetz, Exercise Therapist

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

306-554-4561

**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.

<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>  306-233-4023</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>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>Darrell Sydiaha</i>, ET  <a href="mailto:darrell.sydiaha@saskhealthauthority.ca">darrell.sydiaha@saskhealthauthority.ca</a>  306-637-2410 Fax: 306-637-2485</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>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>  306-554-4561</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>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> \$3/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>Testing:</b> Full Pulmonary Function Lab in Yorkton</p>