



Online Long Covid Self Management Course
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Work and Income New Zealand
Disability Allowance

To whom it may concern,

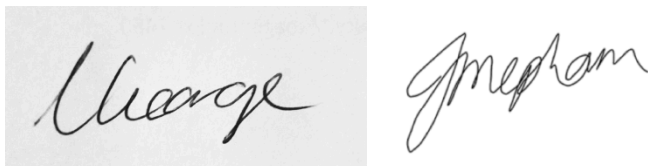
Re: Breathability The Long COVID course

The long COVID self-management online course from Breathability is an evidence-based programme with 2.5 hours of content designed by two respiratory physiotherapists Catherine George (www.thelungmechanic.co.nz) and Jen Mepham (www.jennifermepham.com).

The course covers education and management strategies for long COVID related fatigue, breathing, brain fog, relaxation and sleep.
It is based on New Zealand long COVID rehabilitation guidelines.

The cost of the whole programme is \$179 NZD.

Kind regards,



Catherine George NZRP and Jen Mepham NZRP