

Winter Edition Newsletter

Hello Conversio Community!

Our **Inspire Team** added a personalized touch to this newsletter for you. Here are some tips to help you get through the winter.



Turn on your favorite music and dance!

For safety, wear non-slip grip socks or shoes to help prevent falls.

Mischa, Health Coach



Decorating for the holidays can feel overwhelming, especially if you're dealing with pain, fatigue, or shortness of breath.

Try this gentle tip: set aside a few favorite decorations and put up just one or two each day.

Natalie, Respiratory Therapist



Don't forget to drink water! It's easy to forget when it's cold outside.

Easy ways to stay hydrated:

- 1. Drink warm water, herbal tea, or broth.*
- 2. Add lemon or fruit to your water for flavor.*
- 3. Try to drink less caffeine.*

Kimberly, Pharmacist



Cold weather and heaters can make the air really dry. Using a humidifier can help add moisture to the air. Just make sure to clean it often.

Christe, Respiratory Therapist



Sometimes it's hard to get fresh produce in the winter months, frozen vegetables are a great way to get those veggies in!

Bernadette, Health Coach



Talk to your doctor or pharmacist about the influenza vaccine and how it can help decrease your risk of getting the flu.

Cristina, Pharmacist



If you have to shovel snow, remember to take breaks, practice pursed lip breathing (please visit our [instructional videos on our website](#) if you need a refresher) or ask for help.

Teagan, Respiratory Therapist



Light therapy uses a special lamp to help people feel better during the winter. You should only use it with help from a doctor.

How Does It Work?

- The lamp gives off a strong white light (10,000 lux).
- It works best in the early morning, around 7:00 AM.
- Most people sit near the light for about 30 minutes.
- Keep your eyes open and let the light shine around you, do not look directly into the light.

Terrence, Pharmacist

Remember if you are eligible, we have our Virtual Pulmonary Rehabilitation program that has helped our patients get through the winters!