



March Wellness Newsletter

Breathe Easy: Enhancing Quality of Life for Individuals with Lung Disease

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Therapy Corner

Balloon Breathing Race

Residents inflate balloons using slow, deep breaths. This fun activity strengthens the lungs while promoting controlled breathing techniques.

“Catch Your Breath” Parade

Host an indoor parade with residents wearing Mardi Gras masks while focusing on deep breathing exercises between stops. Link to handout. (Breathe Easy PDF)

Blow the Beads! Breathing Challenge

Place colorful Mardi Gras beads on a table and challenge residents to blow them across a finish line using only their breath, strengthening their lungs in a fun way.

Breathwork & Singing Sessions

Singing helps expand lung capacity and improves respiratory health. (same PDF for Jazz & Breath)

March Featured Activities

DIY Air-Purifying Plants Workshop

Host a workshop where residents can pot easy-to-care-for air-purifying plants (like aloe vera, spider plants, or peace lilies) to improve indoor air quality.

“Jazz & Breathe” Music Therapy

Host a **New Orleans-style jazz music session** where residents sing, play simple instruments (harmonicas, kazoos, tambourines), or practice-controlled breathing while enjoying lively jazz. Singing strengthens lung capacity! (Songs sheet PDF)

No-Bake St. Patty’s Day Treat

Try this super easy and festive snack to celebrate the Irish holiday.

“Pot o’ Gold” Breathing Challenge

Residents use deep breathing to move a small, lightweight golden object (like a cotton ball or balloon) toward a “pot of gold” using only their breath.



Marketing Events & Outreach

Breathe Easy Community Wellness Fair

Invite local pulmonologists, respiratory therapists, and vendors (oxygen suppliers, air purifiers, humidifiers) for a health fair open to residents and the public to discuss lung disease management and answer residents’ questions.

Lung Screening & Spirometry Testing

Partner with a local hospital or clinic to offer free lung screenings.

Lung-Friendly Mardi Gras Smoothie Giveaway

Set up a booth at a local senior center, rehab facility, or wellness expo and offer free samples of a “Breathe Easy” smoothie with lung-healthy ingredients like turmeric, pineapple, and ginger.

Distribute educational flyers with lung health tips and info about your facility.

Social Media Promotions

- **Go Green for Healthy Lungs” Social Media Campaign**
Post tips on lung health daily leading up to St. Patrick’s Day with a focus on air quality, exercise, and nutrition.
- **Lucky to Breathe Easy” Video Testimonial Series**
Feature short videos of residents or staff sharing one thing they do to take care of their lungs. End each video with: “We’re lucky to breathe easy at [Facility Name]!”
- **Facebook & Instagram Polls: “Are You Protecting Your Lung Health?”**
Engage your audience with interactive **polls or quizzes** about lung health habits, linking them to helpful resources.
Example questions:
“Do you know what foods support lung health?” or
“How often do you practice deep breathing?”

Share the fun! Send your photos to SocialMedia@reliant-rehab.com