

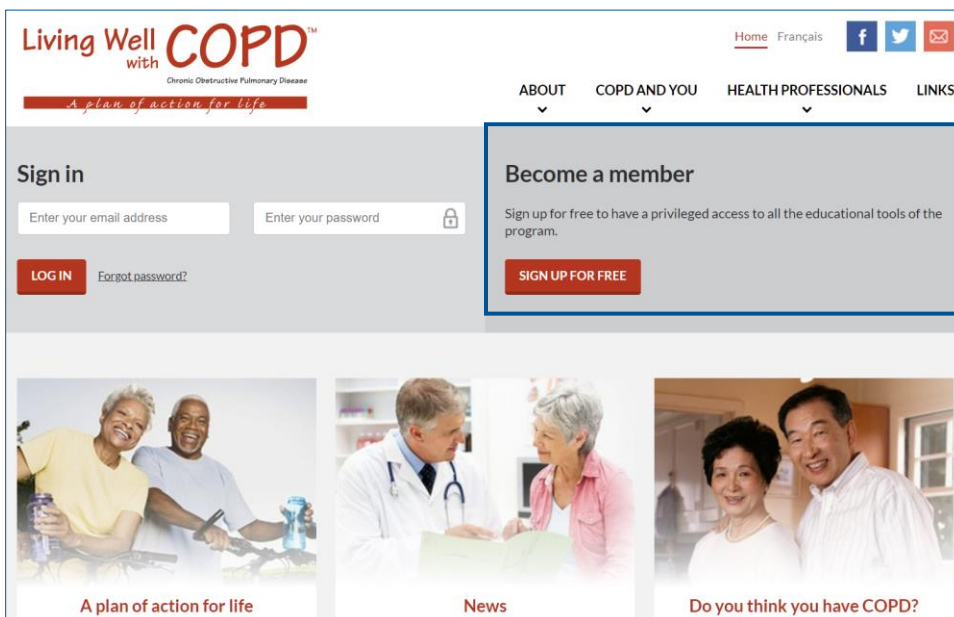
# Living Well with COPD Online Learning Instructions

Go to [LivingwellwithCOPD.com](http://LivingwellwithCOPD.com) or scan this QR code to get to the web site.

A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.

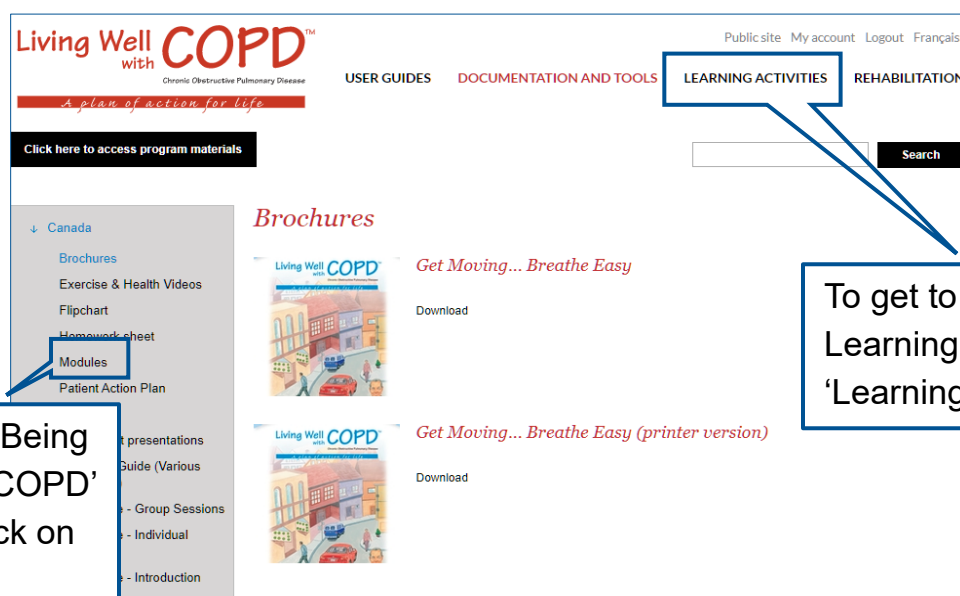


Follow these instructions to get access to online learning modules and resources.



The screenshot shows the homepage of the Living Well with COPD website. At the top, there is a navigation bar with 'Home', 'Français', and social media icons. Below this is a menu with 'ABOUT', 'COPD AND YOU', 'HEALTH PROFESSIONALS', and 'LINKS'. The main content area is divided into two sections: 'Sign in' on the left and 'Become a member' on the right. The 'Sign in' section has fields for 'Enter your email address' and 'Enter your password' with a 'LOG IN' button and a link for 'Forgot password?'. The 'Become a member' section has a 'SIGN UP FOR FREE' button. Below these sections are three featured images: 'A plan of action for life', 'News', and 'Do you think you have COPD?'.

To get access to the Online Learning Course, you need to become a member. Click 'SIGN UP FOR FREE'



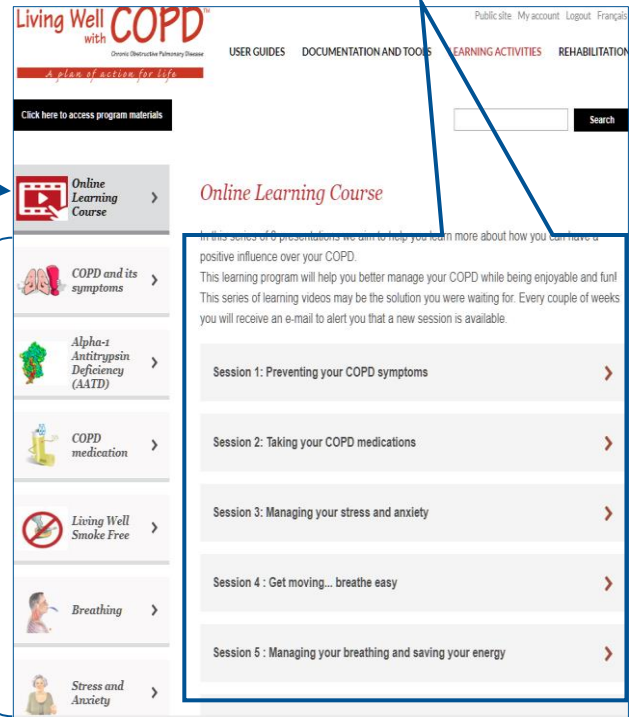
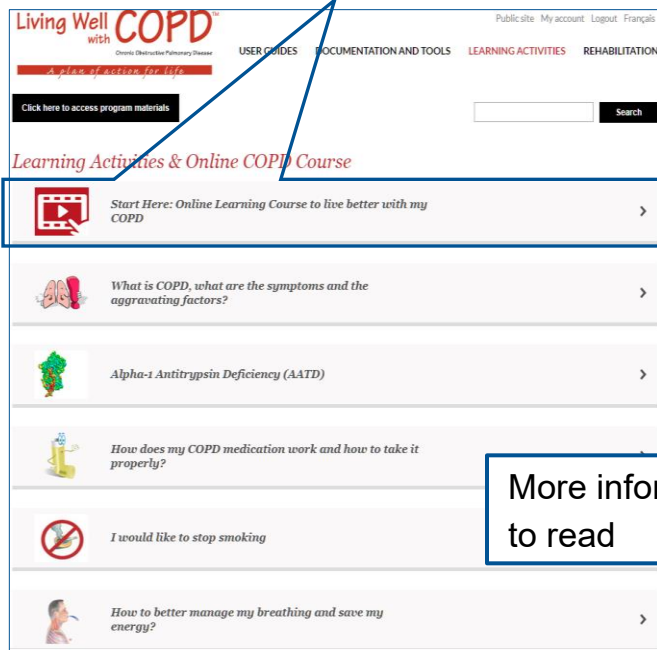
The screenshot shows the 'Learning Activities' page on the Living Well with COPD website. At the top, there is a navigation bar with 'Public site', 'My account', 'Logout', and 'Français'. Below this is a menu with 'USER GUIDES', 'DOCUMENTATION AND TOOLS', 'LEARNING ACTIVITIES', and 'REHABILITATION'. The 'LEARNING ACTIVITIES' menu item is highlighted. Below the menu is a search bar with a 'Search' button. The main content area is divided into two sections: 'Brochures' on the left and 'Learning Activities' on the right. The 'Brochures' section has a 'Click here to access program materials' button and a list of resources including 'Canada', 'Brochures', 'Exercise & Health Videos', 'Flipchart', 'Homework sheet', 'Modules', and 'Patient Action Plan'. The 'Learning Activities' section has two items: 'Get Moving... Breathe Easy' and 'Get Moving... Breathe Easy (printer version)', both with 'Download' buttons.

To get to the 'Being Healthy with COPD' workbook, click on 'Modules'.

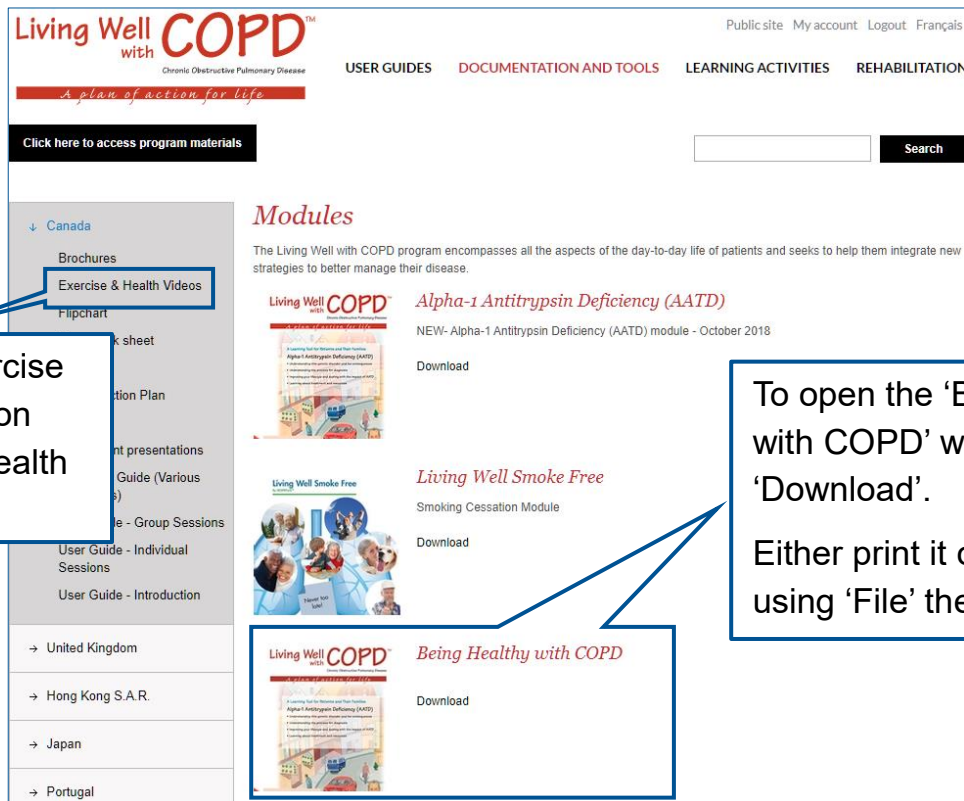
To get to the Online Learning Course, click 'Learning Activities'.

To open the course, click 'Start Here: Online Learning Course to live better with my COPD'.

Sessions 1 to 8 are videos. Click on the gray area to get to each video.



More information to read



For more exercise options, click on 'Exercise & Health Videos'

To open the 'Being Healthy with COPD' workbook, click 'Download'. Either print it out or save it using 'File' then 'Save as'.