



# Harmonicare

**Start Date:** Wednesday, April 3<sup>rd</sup>

**Time:** 3:00 PM – 4:00 PM

**Location:** Holy Name Medical Center  
718 Teaneck Road, Teaneck, NJ

Employee Cafeteria (Physician Lounge) located on the 1st floor.

Park in the ER lot and use the West Entrance.

**Register:** Call 201-833-3336

**Fee:** FREE

Are you struggling with a chronic lung condition? Holy Name is pleased to present a unique 8-week program, FREE, to anyone with a diagnosis of COPD or other lung disease. Take part and you will receive a harmonica along with therapeutic music lessons. You will receive support from therapists, nurses, social workers and doctors to learn about COPD and chronic care management.

Our program is free and includes the harmonica and lessons. Please call if you are on oxygen or you need wheelchair assistance.



  
**HolyName**  
Medical Center