

# REGAIN

REHABILITATION  
EXERCISE AND  
PSYCHOLOGICAL  
SUPPORT AFTER  
COVID-19 INFECTION

## Have you been in hospital with COVID-19?

The REGAIN study aims to find out which of two treatments is better for helping people recover after being in hospital with COVID-19:

- An on-line rehabilitation exercise and recovery support group *OR*
- A single on-line session of exercise advice and support

### Are you still suffering with:

- ▶ Your breathing
- ▶ Shoulder or back pain
- ▶ Sleeping
- ▶ Memory or concentration
- ▶ Tiredness
- ▶ Any other symptoms

You could help contribute to develop better care for people after COVID-19 by joining the REGAIN study



**Gujrati** ગુજરાતીમાં વધુ માહતી ઓનલાઇન મેળવો  
**Bengali** বাংলা ভাষায় আরো তথ্য অনলাইনে দেখুন  
**Mandarin** 在网上查找更多中文的信息  
**Punjabi** ਪੰਜਾਬੀ ਵੱਚਿ ਆਨਲਾਈਨ ਹੋਰ ਜਾਣਕਾਰੀ ਲਓ  
**Urdu** ریڈناج دیزم نیٹال نا ریم نابز ودرا

If you are interested in taking part, please click this link or scan the QR code below to find out more  
[www.warwick.ac.uk/regain](http://www.warwick.ac.uk/regain)

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