



Trouble breathing?

Join St. Claire HealthCare's
Better Breathers Club!

If you, or someone you know, is living with a chronic lung disease like COPD, (which includes emphysema and chronic bronchitis) pulmonary fibrosis or lung cancer, consider joining us at this welcoming support group.

Learn ways to better cope with your diagnosis while getting the support of others in similar situations. These support groups give you the tools you need to live your best quality of life.

Holly Atkins, RRT, and Josh Griffith, RRT, will be facilitating these meetings. Holly and Josh are both American Lung Association trained facilitators.

Save these dates for future educational presentations on a wide range of relevant topics:

Feb. 14	Café A	Living with Lung Disease
Mar. 22	Café B	Breathing Retraining
Apr. 18	Café C	Exercise with Lung Disease
May 23	Café A	Energy Conservation
Jun. 20	Café C	Emotional & Social Well Being
Jul. 18	Café C	Medications
Aug. 15	Café C	Preventing Infection
Sept. 19	Café C	Sleep Disorders/Testing & PFT
Oct. 19	Café C	Nutrition
Nov. 21	Café D	Airway Clearance
Dec. 19	Café D	Oxygen Therapy



All classes will be held at **1:00 p.m.**
in the café of St. Claire Regional Medical Center.

