

Meetings are held across the state.
For more information visit
www.lungfla.org and click on
"Programs and Events"
or call 1-800-LUNG-USA.

1st Tuesday of each month
1:00 pm – 2:30 pm
Capital Regional Medical Center
1st Floor Education Room
(850) 386-2065

Better Breathers Club

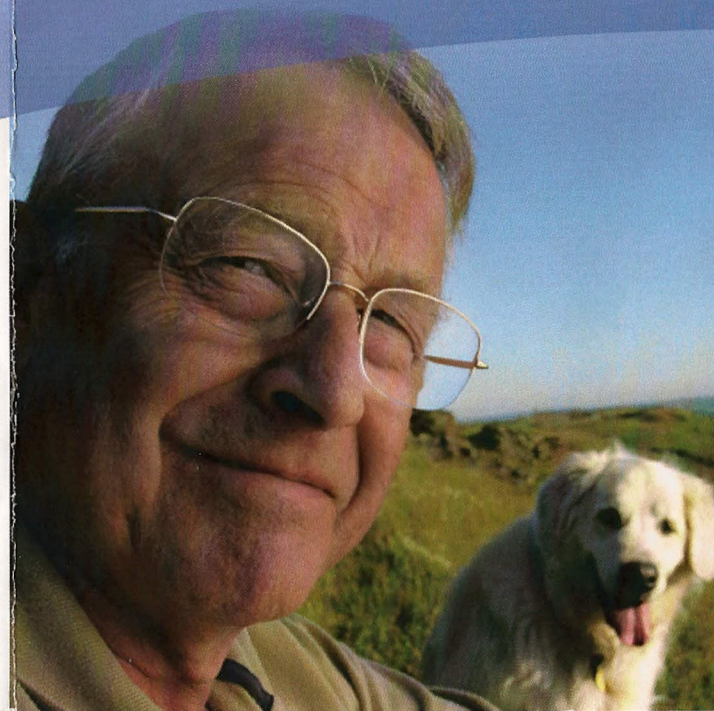
A Lung Health Support Club

 **AMERICAN LUNG ASSOCIATION®**
of Florida

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This Better Breathers Club brochure is brought to you
by the American Lung Association of Florida,
in partnership with the Florida Department of Health
and the Quitline, 1-877-U-CAN-NOW.



The **Better Breathers Club** provides an opportunity for people to meet and learn about lung health from concerned health care professionals, as well as from many other lung disease patients, family and friends.

WHO CAN BE A MEMBER OF THE BETTER BREATHERS CLUB?

Anyone with a chronic pulmonary disease. Family members and friends can join the Club too!

WHAT ARE THE BENEFITS OF BEING A BETTER BREATHERS CLUB MEMBER?

Better Breathers Club members learn about chronic lung disease and lung health, have an opportunity to share concerns, questions and triumphs with other Club members, develop positive coping skills and share in social gatherings with other families touched by lung disease.

WHAT ARE BETTER BREATHERS CLUB MEETINGS LIKE?

Each meeting lasts approximately one hour and is facilitated by a group leader, who will share information and activities on a topic relevant to the Club. Topics of discussion could be:

- Breathing techniques
- Nutrition and exercise
- Working with your physician, and more.

Of course, light refreshments and socializing with other Club members occur at each meeting.

WHAT IS THE COST TO JOIN THE BETTER BREATHERS CLUB?

The monthly Better Breathers Club meetings are **FREE** of charge.

WHERE CAN I LEARN MORE?

For more information about the Better Breathers Club, including meeting dates and locations, visit www.lungfla.org and click on "Programs and Events" or call 1-800-LUNG-USA.

