

Breathe Easier

YRMC Offers Free Respiratory Wellness Classes

The Respiratory Wellness Program at Yavapai Regional Medical Center offers an ongoing series of FREE respiratory wellness classes to all area residents, with different sessions scheduled at YRMC West in Prescott and YRMC East in Prescott Valley. The classes provide information about COPD (chronic obstructive pulmonary disease), including chronic bronchitis, emphysema and asthma. Certified COPD educators lead all of the classes. The Spring 2010 schedule features the following classes:



**Registration is requested ...
call (928)771-5264**

 **YAVAPAI REGIONAL
MEDICAL CENTER**

Two Great Hospitals ... One Caring Spirit

Y R M C W E S T • Y R M C E A S T

1003 WILLOW CREEK RD
PRESCOTT, AZ 86301

7700 EAST FLORENTINE
PRESCOTT VALLEY, AZ

Main Switchboard: (928)445-2700 • www.yrmc.org

YRMC West:

- **JANUARY 13**, *Beat the Blahs Potluck Lunch*, 11:30 a.m. to 1:00 p.m., Spruce Room
- **JANUARY 27**, *Sleep Apnea Basics*, 1:00 to 2:30 p.m., Granite Room
- **FEBRUARY 10**, *CPAP/BIPAP Clinic*, 1:00 to 2:30 p.m., Granite Room
- **FEBRUARY 24**, *Out and About with Oxygen*, 1:00 to 2:30 p.m., Granite Room
- **MARCH 10**, *COPD: Exercise Helps*, 1:00 to 2:30 p.m., Granite Room
- **MARCH 24**, *COPD: Nutrition and Weight Matter*, 1:00 to 2:30 p.m., Granite Room
- **APRIL 7**, *COPD: What You Should Know*, 1:00 to 2:30 p.m., Granite Room
- **APRIL 21**, *Taking Care of Asthma*, 1:00 to 2:30 p.m., Granite Room
- **MAY 5**, *Medications for COPD and Asthma*, 1:00 to 2:30 p.m., Granite Room

YRMC East:

- **JANUARY 6**, *Oxygen, Altitude and Travel*, 2:30 to 4:00 pm, Pronghorn Room
- **JANUARY 20**, *Controlling Asthma*, 2:30 to 4:00 pm, Pronghorn Room
- **FEBRUARY 3**, *Everything You Always Wanted to Know About COPD*, 2:30 to 4:00 pm, Pronghorn Room
- **FEBRUARY 24**, *COPD and Asthma Medication Review with Pharmacist*, 2:30 to 4:00 pm, Pronghorn Room
- **MARCH 10**, *101 Tips to Live Well with COPD*, 2:30 to 4:00 pm, Pronghorn Room
- **MARCH 31**, *Maintaining Health through Activity*, 2:30 to 4:00 pm, Pronghorn Room
- **APRIL 7**, *Tobacco – Why it's SO Worth the Effort to Quit*, 6:00 to 7:00 pm, Quail Room
- **APRIL 21**, *Energy Conservation and Activity for the Respiratory Challenged*, 6:00 to 7:00 pm, Quail Room
- **MAY 5**, *Stress and COPD – What's a Gal/Guy to Do?*, 6:00 to 7:30 pm, Quail Room
- **MAY 19**, *Dietitian Discusses Specific Nutrition Concerns for COPD*, 6:00 to 7:30 pm, Quail Room

**All YRMC Respiratory Wellness classes are offered to the public at no charge, registration is requested.
PLEASE CALL (928) 771-5264.**