

Breathe Easier

YRMC Offers Free Respiratory Wellness Classes

The Respiratory Wellness Program at Yavapai Regional Medical Center offers FREE respiratory wellness classes to all area residents, with 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.



 **YAVAPAI REGIONAL
MEDICAL CENTER**

Two Great Hospitals ... One Caring Spirit

YRMC WEST • YRMC EAST

1003 WILLOW CREEK RD
PRESCOTT, AZ 86301

7700 EAST FLORENTINE
PRESCOTT VALLEY, AZ 86314

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

WINTER 2012 SCHEDULE

YRMC West:

JANUARY 10 – Oral Appliances and Alternative Therapy for Patients Who Use CPAP or BiPAP. Presented by J.C. Goodwin, D.M.D.; 10:00 to 11:30 a.m. in the Spruce Room.

JANUARY 24 – Pendleton Center Tour and Equipment Demonstration. 10:00 to 11:00 a.m. in the Community Education Room in the Pendleton Wellness Center, on Division Street, across from the YMCA in Prescott.

FEBRUARY 9 – COPD 101. 10:00 to 11:30 a.m. in the Thumb Butte Room.

FEBRUARY 23 – COPD and the Caregiver. 10:00 to 11:30 a.m. in the Thumb Butte Room.

MARCH 8 – Asthma 101. 10:00 to 11:30 a.m. in the Thumb Butte Room.

MARCH 22 – Allergies; Helpful Tips For Those Who Suffer. 10:00 to 11:30 a.m. in the Thumb Butte Room.

YRMC East:

JANUARY 16 – Staying Active in Spite of Chronic Shortness of Breath. 1:00 to 2:30 p.m. in the Pronghorn Room.

JANUARY 30 – Living with Asthma. 1:00 to 2:30 p.m. in the Pronghorn Room.

FEBRUARY 13 – Stress and COPD – Never a Good Combination. 1:00 to 2:30 p.m. in the Pronghorn Room.

FEBRUARY 27 – Oxygen, Altitude and Travel. 1:00 to 2:30 p.m. in the Pronghorn Room.

MARCH 12 – COPD – Nutrition Does Matter. 1:00 to 2:30 p.m. in the Pronghorn Room.

MARCH 26 – COPD Basics. 1:00 to 2:30 p.m. in the Pronghorn Room.

YRMC Respiratory Wellness classes are offered to the public at no charge, registration is requested. PLEASE CALL 771-5264 TO REGISTER.