

# BREATHE EASIER

## YRMC Offers *Free* Respiratory Wellness Classes

**T**he **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.

**Registration is requested. PLEASE CALL (928) 771-5264 TO REGISTER.**

**Please refrain from wearing fragrances to these events. People with breathing problems are highly sensitive.**

### WEST CAMPUS

**MONDAYS, 10:00 – 11:30 A.M.  
SPRUCE ROOM**

**JANUARY 6TH:** Embrace the Decade by Breathing and Exercising Properly!

**FEBRUARY 3RD:** Oxygen 101. We Are All Addicted!

**MARCH 2ND:** Allergies!!! What Can I Do About Them???

### EAST CAMPUS

**TUESDAYS 3:00 – 4:30 P.M.  
PRONGHORN ROOM**

**JANUARY 7TH:** Does Your Immune System need a Tune Up? Let's Talk!

**FEBRUARY 11TH:** Exercises for the Easily Winded. Yes You Can!

**MARCH 17TH:** Simple Screening Spirometry for COPD and a Discussion on Other Lung Diagnostic Tests



YAVAPAI REGIONAL  
MEDICAL CENTER

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