

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.

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 14TH: Chair Exercises for the Easily Winded

FEBRUARY 4TH: Medication Review for People with COPD and Asthma

MARCH 11TH: Allergies: How to Protect Yourself and Minimize Symptoms

EAST CAMPUS

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

JANUARY 22ND: COPD 101: A Visual Presentation

FEBRUARY 26TH: Infection Control: What I Really Need to be Doing to Stay Healthy

MARCH 19TH: Food as Medicine: A Nutritional Guide for Those With Respiratory Ailments



YAVAPAI REGIONAL
MEDICAL CENTER

Proudly Caring for Western Yavapai County

Health
connect

(928)445-2700

YRMC.org

YRMCHealthConnect.org



YouTube

