

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.



SPRING 2017

YRMC WEST SPRUCE ROOM

- APRIL 10:** Simple Chair Exercises to Help Keep You Fit, Monday, 10:00–11:30 a.m.
- MAY 8:** Living with Oxygen, Monday, 10:00–11:30 a.m.
- MAY 16:** Living With Asthma, Tuesday, 2:30–4:00 p.m.
- JUNE 12:** End of Life Decisions for Those With Breathing Disorders, Monday, 10:00–11:30 a.m.
- JUNE 20:** Stay Well - Boost Your Immune System, Tuesday, 2:30–4:00 p.m.

YRMC EAST SCHEDULE PRONGHORN ROOM

- APRIL 25:** Nutrition and Cooking for Those With Breathing Issues, Tuesday, 3:00–4:30 p.m.
- MAY 25:** COPD and the Caregiver, Thursday, 3:00–4:30 p.m.
- JUNE 13:** Cpaps, Bipaps, and Things That Go Bump in the Night, Tuesday, 3:00–4:30 p.m.

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



YAVAPAI REGIONAL
MEDICAL CENTER

Proudly Caring for Western Yavapai County

(928)445-2700

www.yrmc.org

www.YRMCHHealthConnect.org



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