

# 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.**

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

**JULY 9TH:** Beating Shortness of Breath

**AUGUST 6TH:** COPD 101: Everything You Wanted to Know About Your Lung Disorder

**SEPTEMBER 10TH:** Healthy Eating for the Person with Lung Disease

### **EAST CAMPUS**

**TUESDAYS 3:00 – 4:30 P.M.**

**JULY 24TH:** CPAP, BiPAP and a Better Night's Sleep, Pronghorn Room

**AUGUST 21ST:** Oxygen, Altitude and Travel: You CAN Get on the Road Again!, Pronghorn Room

**SEPTEMBER 18TH:** Early Warning Systems for Asthma, Quail Room

