

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.

FALL 2017

YRMC WEST - SPRUCE ROOM

OCTOBER 3RD (Tuesday): 2:30–4:00 p.m.,
Oxygen, Altitude and Travel

OCTOBER 9TH (Monday): 10:00–11:30 a.m.,
Chair Exercises

NOVEMBER 13TH (Monday): 10:00–11:30 a.m.,
Asthma Management

NOVEMBER 28TH (Tuesday): 2:30–4:00 p.m.,
Confused about your respiratory medications? Come to THIS presentation!

DECEMBER 11TH (Monday): 10:00–11:30 a.m.,
Discussion about various tests for COPD and Asthma

YRMC EAST SCHEDULE - TUESDAYS, 3:00–4:30 P.M., PRONGHORN ROOM

OCTOBER 17TH: Getting the most relief from your respiratory medications

NOVEMBER 14TH: Great exercises for anyone who gets easily winded

DECEMBER 12TH: Infection control strategies for those with respiratory ailments

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



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