

Register now for the

Better Breathers Club Meetings



**Better Breathers Club
will be held the first
Wednesday of each month
French Hospital
Medical Center,
Copeland Education Building,
San Luis Obispo,
11:30AM to 12:30PM.**

Living with a chronic lung disease can be easier. The Better Breathers Club is a welcoming support group for individuals with chronic lung disease and their family and/or caregivers. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis and asthma while getting the support of others in similar situations. Led by a trained facilitator, this in-person adult support group gives you the tools you need to live the best quality of life you can.

Please use our online form at www.lung.org/support-and-community/better-breathers-club/ or email cathy.paredes@dignityhealth.org to join the Better Breathers Club, San Luis Obispo.
1.800.LUNGUSA
Lung.org/better-breathers

Topics include:

- What is COPD? How COPD affects the lungs?
- What is Pulmonary Fibrosis, Interstitial Lung Disease?
- What is Pulmonary Hypertension?
- Breathing techniques.
- Exercise.
- Talking to your physician.
- Medications and other treatment options.
- Medical tests.
- Why respiratory medication, oxygen, nebulizers, CPAP, BIPAP, NIV?
- Lung Transplant, Stem Cell Therapy for COPD.
- Air pollution.
- Vaping, smoking, toxins, what have they done to my lungs?
- And much much more.