

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**

APRIL 8TH: COPD 101 – Everything You Need to Know with a New Diagnosis

MAY 13TH: The Top 7 Things You Need to do to Stay Healthy with Lung Disease

JUNE 3RD: Traveling, Altitude and Oxygen – Helpful Tips!

EAST CAMPUS

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

APRIL 16TH: Allergies – T'is the Season. Tips to Stay Well

MAY 7TH: Understanding and Managing Your Asthma

JUNE 18TH: How to Keep Your Immune System in Top Shape



YAVAPAI REGIONAL
MEDICAL CENTER

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