

# Breathe Well, Live Well

Learn to control your asthma and feel better. Breathe Well, Live Well is an asthma management program for adults developed by the American Lung Association and taught by a trained facilitator. The class can help you control your asthma and reduce symptoms. Each group is limited to ten people so registration is required!



## Class Schedule:

**Fall:**  
**September 11 & 18, 2007**

**Winter:**  
**January 8 & 15, 2008**

**Spring:**  
**April 8 & 15, 2008**

All classes are at 6:00  
p.m.

Sponsored by the Cleveland County Asthma Coalition and  
the American Lung Association

Classes meet in the 2nd Floor Conference Room, Cleveland County  
Health Department, 315 East Grover Street, Shelby, NC

To register: Call Cleveland County Asthma Coalition  
at 704/484-5195

For more information about this  
program, call 704-484-5195 or  
to [www.lungusa.org](http://www.lungusa.org)

