

# Better Breathing Clinic

## A Virtual Self-Management Rehabilitation Class

### 2024 Class Schedule

Choose which date works best for you:

**Thursday, March 7**  
**Thursday, June 6**  
**Thursday, September 12**  
**Thursday, December 5**  
**4 p.m.**

All classes will be held virtually (via Microsoft Teams) and be conducted by UPMC Northwest respiratory staff.

Registration required by calling 814-677-1463 or 1-800-422-8888.

After registering, an email link will be sent with instructions on how to connect to the class.

Do you sometimes have trouble breathing? Chronic lung conditions can include emphysema, chronic bronchitis and non-reversible asthma. If you want to improve your breathing, you are invited to attend a class that can help\*.

#### Each (one day) class includes:

- **Learning how your lungs work**
- **Practical information about breathing medications**
- **Successful ways to reduce or stop smoking**
- **Methods to lower your stress level and reduce anxiety or depression**
- **How to improve eating with COPD**
- **Creating a COPD self-management plan**
- **Exercise tips that can help you breathe better**
- **How to live better with a chronic lung condition**
- **Managing expectations post-COVID**

\*Family members and caregivers are invited to attend the class as well.