

****NEW BETTER BREATHERS CLUB SUPPORT GROUP****

Better Breathers Club is made possible by the American Lung Association, and offers support for people with chronic lung disease, as well as their loved ones.

Learn ways to cope with living with lung disease while getting support of others who share in your struggles.

Joining is FREE! Learn to manage your lung disease and live a better and fuller life!

***When: Meets the 1st Monday of the month**

***Where: Johnson Conference Room at LMC**

***Time: 2:00 – 3:00 p.m.**

***For more information contact:**

Kayla Sralla, RRT

Pulmonary Rehabilitation Coordinator

BBC Facilitator

(361) 798-3671, Ext. 1396

Email: ksralla@lavacamedcen.com