



The American Lung Association's **Better Breathers Club** is a support group for people with lung disease.

Led by an American Lung Association trained facilitator, learn ways to better cope with your diagnosis, talk with others and hear educational presentations on topics such as:

- How COPD affects the lungs
- Breathing techniques
- Exercise
- Medication and treatment options
- Supplemental oxygen
- Home healthcare
- Lung transplants
- Air pollution
- Talking to your healthcare provider

**Starting
January
2023**

**First Friday of
each month
1:00p.m.-2:00 p.m.**

**NEA Baptist Hospital Conference Room
Administration Wing**

For more information contact:

Tina Edgin
(870)-936-2134
tina.edgin@bmhcc.org

Niki Carver
(870)-936-3071
niki.carver@bmhcc.org



UAMS | Donald W. Reynolds
Institute on Aging

**CENTER ON AGING
NORTHEAST**