

# Lung Health: What Is Asthma

## Program Overview

Asthma is a chronic inflammatory condition in the airways of the lungs. Asthma causes the airways in the lungs to be more sensitive and twitchy, reacting to things in the environment called asthma triggers. The most common symptoms of asthma are wheezing, difficulty breathing, coughing and chest tightness. Asthma can come and go and change over time. What worked for your asthma a few years ago may be different from what your asthma needs now.

## Topics Include:

- What is asthma
- Managing asthma
- Avoiding triggers
- Medications
- Understanding Asthma Action Plans

## When are the classes offered?

2019 Class Dates: September 26<sup>th</sup>      November 7<sup>th</sup>      December 12<sup>th</sup>

This class is offered from 9:00am to 10:30am at the North Simcoe FHT

There is no cost to patients

## How do I register?

**Call 705-526-7804 ext. 203**

