



ASTHMA

Education Program



FREE class for any UA Student looking to manage their own asthma and improve their quality of life!

Thursday, March 11th • 12pm-2:30pm
Wednesday, April 14th • 9am-11:30am

Campus Health Service • Room B307
(Highland Commons, 3rd Floor, SW Corner)

Physiology of asthma

Why are your lungs doing this?

Medications

How do they work and why do you need them?

MDIs, spacers, holding chambers

How do they work and why do you need them?

Peak flow meters, asthma care plans

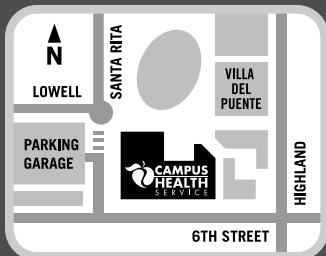
What are they and how can they help you to get the best buck for your medicine?

Triggers

What triggers your asthma and how do you avoid them?



peak flow meter, spacer, and other goodies for class participants!



Call or stop by the pharmacy to reserve your spot.

621-6516

