



Become a Member of a Support Group for Individuals with Lung Disease

American Lung Association Better Breathers Clubs are regularly scheduled, in-person support groups for individuals with chronic lung disease such as COPD, asthma, pulmonary fibrosis and lung cancer, and their family and caregivers.

Learn ways to better cope with your diagnosis while getting the support of others in similar situations. These support groups give you the tools you need to live your best quality of life.

Led by an American Lung Association trained facilitator, Better Breathers Clubs feature educational presentations on a wide range of relevant topics, including:

- How respiratory disease affects the lungs
- Breathing techniques
- Exercise and healthy eating
- Being your own health advocate
- Medications and other treatment options
- Medical tests and procedures
- Supplemental oxygen
- Navigating the healthcare system
- Community resources
- Air pollution

It feels good to talk with others who understand what you are going through, and can offer support and encouragement along the way. Join today!

Contact: Jeremy Voorhees | jervoor@gmail.com

Location: Amherst Senior Center

<https://www.amherstcenterforseniorservices.com/>

370 John James Audubon Pkwy | Amherst, NY 14228

Time: Every 4th Tuesday of the Month starting Jan 24