



In Recognition of Asthma Awareness Month!

**ASTHMA WORKSHOP: WHAT YOU MUST KNOW
ABOUT YOUR ASTHMA!**

**Saturday, May 16, 2015
9:30 am- 12 noon**

Location: **St. Anna's Episcopal Church**
1313 Esplanade Ave.
New Orleans, LA 70116
504-947-2121

This workshop is for adults and children (ages 6-14 years) who have asthma. Children must be accompanied by an adult.

- Learn how to manage your asthma and have symptom free days.
- Learn about asthma medications and medication delivery devices.
- Learn how to avoid triggers that make asthma worse.
- Learn about asthma related community resources.

This workshop is *free* but you must register by May 15, 2015 by calling the American Lung Association office at (504) 828-5864