



Asthma Management Classes for Children



Breathe California offers school-site Asthma Management Classes for students affected by the disease. The program is broken down into **1 hour sessions** that take place **once a week over a four-week period**. Our trained facilitators help create a fun and suitable learning experience. The curriculum can be tailored for **either elementary or middle school students**. Through a variety of interactive activities and open discussions, the children learn to:

- Recognize the triggers of asthma attacks
- Avoid asthma attacks
- Understanding how/when to take medication
- Manage asthma symptoms in different environments
- Support their asthmatic peers

Benefits of School-Site Asthma Education

By participating in a school-based asthma education program, children develop a better understanding of asthma, learn strategies to better manage their condition and are better equipped to confront their chronic illness. As a result, children often benefit from:

- Better academic performance in the classroom
- Decline in school absenteeism
- Become more attentive to their asthmatic needs
- Increase self-esteem and self-confidence

For more information, contact Shaaban Ghaus at (408) 998-5865 or shaaban@lungsrus.org

