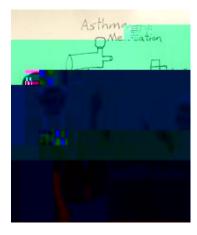


## **Asthma Management Classes for Children**



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 fourweek 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

