

Take control of your Asthma



Sign up to learn how to manage your asthma

**Free classes offered on the following dates:
(select only one)**

January 23, 2017 from 2:00 pm to 3:00 pm

March 20, 2:00 pm to 3:00 pm

May 15, 2:00 pm to 3:00 pm

June 19, 2:00 pm to 3:00 pm

**LifeLong Richmond Health Center
2600 MacDonald Avenue
Richmond, CA 94804**

**Participants receive spacers upon
completing the class.
Light refreshments offered.**

Learn the basics of asthma,
recognize and manage triggers,
and understand the value of an
asthma action plan.

Contact Habon Jirde at (510) 233-2947
to RSVP or for more information.

**LifeLong
Medical
Care**



Health Services For All Ages

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