



HEALTHY LUNGS PENNSYLVANIA

We're All About Breathing®



Breathing Partners

Learning to Live Better
with Chronic Lung Disease

**Do you have asthma, emphysema, chronic bronchitis,
COPD or another form of lung disease?**

Do you want to learn how to breathe smarter, and not harder?

Do you use oxygen and want to better understand it?

Breathing Partners is a free educational group of Healthy Lungs Pennsylvania — an organization that is committed to the prevention and control of lung disease. Breathing Partners provides resources and information to individuals suffering from chronic lung issues.

By signing up for this free educational program, you will receive an introductory information packet, including:

- A handbook outlining the different types of lung disease
- A wallet card identifying you as a person with a breathing problem in case of emergency
- Scratch-A-Dose™ for simple tracking of inhaler doses
- A subscription to our quarterly newsletter
Breathing Partners Notebook
- A cold weather mask
- Additional program information and email offers as events warrant

Become a Breathing Partner today by calling
Healthy Lungs Pennsylvania at 1-800-220-1990
or visiting www.healthylungs.org



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