



# MLK Day of Service

## “Breathe Easy”

### Asthma Self-Management Training”

January 20, 2018

**“My kids have asthma and so do I.”**

Approximately 1 in 10 children and 1 in 12 adults in Florida have current asthma. Let this educational training show you how to control asthma attacks and no more hospital visits and absentees from school and work.



Know the benefits of controlling your asthma.

Learn what your triggers are.

Learn how to help prevent asthma attacks.

Receive resources for better treatment long term (inhalers, spacers and nebulizers).



**Allen Temple AME Church**

**@ 9a.m. - 3p.m.**

**2101 North Lowe Street**

**Tampa, FL 33605**



Sponsored by:



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