

Better Breathers Club

Better Breathers Club is a free program designed to support and educate individuals who struggle with respiratory difficulties. Family members are encouraged to attend.

Better Breathers Club meets monthly, February through November, on the first Wednesday from 11am to 1pm at the American Lung Association of Idaho at 8030 Emerald Street, Ste. 175, Boise.



February 6

Pharmaceuticals for COPD Patients: Old and New Drugs—Which do You Choose?

Chipp Leibach, GlaxoSmithKline
US Pharmaceuticals

Lunch will be provided

March 5

Store-based Healthcare: A Cheaper Alternative?

St. Alphonsus Express Care

April 2

Lung Capacity Testing

BSU Respiratory Therapy Students

May 7

Air Quality: Information to Protect Your Home and Your Health

Jim Faust, Idaho Dept. of Health and Welfare

June 4

Indoor and Outdoor Exercises

BSU Respiratory Therapy Students

July 2

Insurance Questions Answered: Prescription Drug Reimbursement, Genetic Discrimination, and Covered Services

Blue Cross of Idaho

August 6

Breathing Techniques for COPD Patients

Michele Andrew, Pulmonary Rehab, Meridian Health Plaza

September 3

Preparing Your Mind for the Winter: Life with a Disease During the Gloomy Months.

BSU Health Psychology Department

October 1

Lung Capacity Testing

BSU Respiratory Therapy Students

November 5

POTLUCK

Time: 11:00 to 1:00 pm

Place: American Lung Association
8030 Emerald at Milwaukee
Suite 175, Boise

