

## 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 St. Alphonsus Health Plaza in Meridian.



### 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:** St. Alphonsus Meridian Health  
Plaza 3025 W. Cherry Lane  
Meridian

#### Directions from Boise

I-84 E to Garrity Blvd. Exit  
Left onto Garrity Blvd.  
Right onto E. Franklin Road  
Left onto Ten Mile Road  
Right onto W. Cherry Lane

#### Directions from Caldwell

I-84 W to Exit 44 towards Meridian  
Right onto S. Meridian (turns into S. Main)  
Left onto E. Franklin Road  
Right onto Ten Mile Road  
Right onto W. Cherry Lane