



# Better Breathers

**Join a group with a Registered Respiratory Therapist to explore strategies to support your lung health & reduce symptoms that affect your daily life.**

This FREE one-hour group is for people 40+ with chronic lung disease who want to better understand lung health, lung conditions, prevention, & day-to-day ways to reduce symptoms & stay well.

## What We'll Cover:

- How the lungs work & common lung conditions
- Simple breathing & mucous clearance techniques
- Why & how to use your inhalers optimally  
Monitoring yourself & knowing when to seek help
- Hearing from others about their experiences managing symptoms

## Class Details:

- Ongoing **weekly virtual support group** — join anytime
- Meets every Wednesday at 10 am
- Attend regularly or drop in when it fits your schedule
- Available to individuals living in the Kootenay Boundary region
- Visit [kbpcn.ca/group-education](https://kbpcn.ca/group-education) for the upcoming class schedule + information about more PCN group classes!



## Want to join us?

To register email [KBPCNMOA@interiorhealth.ca](mailto:KBPCNMOA@interiorhealth.ca)  
or call 250-365-4337.

*You can also ask your primary care provider to refer you (practitioners, please use the PCN referral form).*