**Friday, June 7, 2019**

**10:00am-11:30am**

**First Choice Community Health Center**

**40 Autumn Fern Trail**

**Lillington, NC 27546**

If you, or someone you know, is living with a chronic lung disease like COPD, (which includes emphysema and chronic bronchitis) pulmonary fibrosis, lung cancer, or other breathing difficulties, consider joining us for this educational group. We also welcome heart patients who experience shortness of breath. Family members are welcome to attend.

Led by an American Lung Association trained facilitators, learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease during these free and regularly scheduled educational programs. Plus, it’s fun and enriching to connect with others.

**Our speaker this month is Dr. Rebecca Crouch. Topic: What is COPD and how is it Diagnosed?**

**\*\*Note meeting time.**

Questions and to RSVP, call **(910) 893-1757**. Let us know if you require any assistance or accommodations. There is free, handicapped-accessible parking just outside the building entry. We will have wheelchairs available and student escorts as needed. Light refreshments will be served.

**ATTENTION OXYGEN USERS**……WE DO NOT HAVE OXYGEN AVAILABLE IN THE BUILDING; THEREFORE, PLEASE BRING ENOUGH OXYGEN FOR 1.5 HOURS IN ADDITION TO TRAVEL TIME!

**1-800-LUNGUSA | LUNG.org/better-breathers**