

**Take Charge! Take Care!**

# FREE Education Series

## *Managing Your COPD, ASTHMA, EMPHYSEMA*

SESSION 1

*"BREATHING TECHNIQUES"*

**WHEN:** THURSDAY JAN 4<sup>TH</sup>  
1:30-2:30 P.M.

**WHERE:** Sycamore Medical Center  
4<sup>th</sup> Floor Conference Room  
4000 Miamisburg-Centerville Road  
Suite 425  
Miamisburg, OH 45342

*Friends and family welcome!*

RESERVE YOUR SEAT TODAY

CALL (937) 401-1606

**HOSTED BY**

**Pulmonary Medicine of Dayton, Inc.  
(937) 439-3600**