

Take Care! Take Charge!

FREE Patient Education Series

Managing your Chronic Pulmonary Disease

1st Thursdays of the Month 1:30 to 3:00

August 1st : Traveling with a “Chronic Disease”
September 5th: Diet vs “Dieting”
October 3rd: Sleep and Sleep Apnea
November 7th: Palliative Care- What you need to know *before* you need it.
December 12th: Will quitting (cigarettes) *really* make a difference?*

**December is the 2nd Thursday*

Join Us!

Sycamore Medical Center
4th Floor Conference Room
Suite 425
4000 Miamisburg-Centerville Road
Miamisburg, Ohio 45342

RESERVE YOUR SEAT TODAY

Friends and Family Welcome

CALL (937) 401-1606

HOSTED BY

Pulmonary Medicine of Dayton, Inc.

(937) 439-3600