

FREE

**Virtual
Asthma Workshop's**

4pm - 5pm

July 11th August 1st August 24th September 12th September 22nd



**CONTACT THE TEAM TO RESERVE
YOUR PLACE**



01895 543 437



nhsnwlcg.Myhealth@nhs.net

WHAT'S INCLUDED IN THE WORKSHOP ?

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
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SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE