

FREE

VIRTUAL

ASTHMA WORKSHOP'S



MyHealth
My self, My life



**May
13th**



**June
13th**



**July
11th**

4pm - 5pm



**CONTACT THE TEAM TO RESERVE
YOUR PLACE**



01895 543 437



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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 |
|--|---------------------------|---------------------|------------------------|---------------------|----------------|

SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE