

# Asthma management



Asthma is a common condition among children and adults. If it is not well controlled, it can be life-threatening. We will review tools to help manage asthma. Topics include asthma symptoms, triggers, and medicines. We will also review how to create an asthma action plan.

**To register, call:**

**(562) 613-5118**, 8:30 a.m. to 5 p.m., Monday through Friday

**For more information, call Customer Service:**

**(800) 605-2556 (TTY: 711)**, 8 a.m. to 6 p.m., Monday through Friday

**Join us:**

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