

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. The class will be taught in English and Spanish.

Join us:

To register, call:

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

For more information, call Customer Care:

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

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