

# Living Well with COPD

A FREE program offering individual education and group classes

Valley Health's Chronic Disease Resource Center offers chronic obstructive pulmonary disease (COPD) education, goal setting and support to help you better manage your illness.

## JANUARY-JUNE 2019 CLASS SCHEDULE

### Triggers and Medications

April 9 10:00 a.m.-11:30 a.m.  
May 20 1:30 p.m.-3:00 p.m.

### Nutrition and Exercise

April 24 1:30 p.m.-3:00 p.m.  
June 3 10:00 a.m.-11:30 a.m.

### Managing COPD

March 20 1:30 p.m.-3:00 p.m.  
May 8 10:00 a.m.-11:30 a.m.

### Oxygen Management\*

March 25 3:00 p.m.-4:30 p.m.  
June 19 1:30 p.m.-3:00 p.m.  
*\*for patients on oxygen*

**COPD Support Group:** Meets 4<sup>th</sup> Tuesday from 11 a.m. to noon (no registration required)

- Registration required for classes and individual education. Call 540-536-0518 to reserve your place.
- Location: Valley Health Chronic Disease Resource Center, Upper Lobby, 333 West Cork Street, Suite 100, Winchester, VA.
- If inclement weather, follow Winchester City School closings.

Visit [valleyhealthlink.com/cdrc](http://valleyhealthlink.com/cdrc) to learn more.