

# Better Breathing with Bob

Asthma? Allergies? Shortness of Breath? COPD? Emphysema?



Join us for an informative support group meeting to discuss breathing issues with Oriol Health Care Respiratory Therapist Bob Dumont. Bob brings over 30 years of experience in his field and has led many community groups to help educate and support anyone affected. Some topics to discuss—Do I need oxygen? How do I travel with oxygen? What affects allergies and asthma? What causes shortness of breath? How do I use my inhaler? What is Sleep Apnea?

**1ST WEDNESDAY OF EACH MONTH**

**2:00PM–3:00PM**

**HOLDEN REHABILITATION**

**32 MAYO DRIVE, HOLDEN**

FREE PROGRAM , MEETS IN COFFEE SHOP,  
OPEN TO THE PUBLIC, QUESTIONS ENCOURAGED !

