



Breathe Easy!

The American Lung Association's Better Breathers Clubs® help people with COPD, asthma or pulmonary fibrosis learn how to manage their chronic disease. A range of resources is available to maximize the success of your Better Breathers Club®.

Better Breathers Club® Packet

Support Better Breathers Club® participants with helpful resources available in a convenient single packet. Includes one each of the following titles:

- Living Well with Chronic Lung Disease
- Relaxation Exercises CD
- Around the Clock with COPD
- Facts About COPD
- Facts About Influenza
- Facts About Pneumonia
- Secondhand Smoke: Protecting Yourself and Your Family
- Facts About Exercise and Lung Health

Contact your local American Lung Association office to order.





Get Involved

Join our mission to save lives by preventing lung disease, promoting lung health and assuring healthy air. Lend your voice...give your time...join a local event...share your story with others...your help is greatly needed.

Become an advocate

Learn how the American Lung Association is fighting for air and how you can help!

Volunteer

We are grateful for the support of hundreds of thousands of volunteers nationwide. Contact your local Lung Association to learn how your unique skills can support our work.

Connect with your local Lung Association

Visit www.Lung.org to find your local Lung Association office to learn about upcoming events. Or put your lungs to good use by helping raise funds for lung disease research and health education.

Be social with us

Keep up with us on Twitter, Facebook, and YouTube.



Join us!

Learn more at www.Lung.org/get-involved

Get the information and support you need, when you need it.

Lung HelpLine

The American Lung Association Lung HelpLine is a free resource to provide answers to your questions about lung disease. Trained nurses and respiratory therapists are standing by to take your call.

Have a question?

Call the American Lung Association Lung HelpLine at **1-800-LUNGUSA** or **1-800-586-4872** today.

Lung Connection Online Support Community

Our free online community for people living with lung disease and caregivers is a place to communicate with others, share experiences and learn from friends. Visit connection.lung.org to start connecting.

Freedom From Smoking®

Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives smokers options, resources and support to quit for good. A choice of in-person clinics, online and phone options, and self-help interventions helps tailor the program to meet participants' needs.

Learn more at www.lung.org/stop-smoking.



Learn More! Call 1-800-LUNGUSA (1-800-586-4872) or visit www.Lung.org today.