

BETTER BREATHERS CLUB MEETING



BUTEYKO BREATHING

A different breathing technique that can provide sustained improvement for those with respiratory conditions

Presented by:

Lynn Gorton

Registered Respiratory Therapist, RBBE, Pulmonary Rehabilitation Case Manager at St John Medical Center

Tuesday May 10, 2016, 9:30-11:00

SNACKS AND BEVERAGES WILL BE PROVIDED BY

Medical Service Company

Discussion topics will include:

- Learn how to stop coughing episodes
- Decrease anxiety and panic with breathing retraining
- Practice mindfulness through relaxed breathing

UNIVERSITY HOSPITALS

**GREEN ROAD MEDICAL CENTER, 1611 Green Road,
South Euclid, OH 44121**

DIRECTIONS: About 1/3 mile south of Mayfield Road. Park and enter through the back entrance (entrance C). As soon as you come in, take elevator down to level A. Head straight out of the elevator and look for signs to meeting room.

FOR RESERVATIONS OR TO GET MORE INFO ON THE BETTER BREATHERS CLUB, PLEASE CONTACT BOB ROSNECK AT 216-983-4903.

**PLEASE MAKE RESERVATIONS FOR THIS EVENT BY THURSDAY,
May 5th, 2016**