As a lung health advocate, share your knowledge and expertise to help enhance the well-being of individuals who live with a chronic lung disease such as COPD, pulmonary fibrosis or lung cancer, and their family and caregivers.

American Lung Association Better Breathers Clubs are regularly scheduled, in-person support groups that give participants the opportunity to learn better ways to manage their diagnosis while getting the support of others in the group.

**Get support from the American Lung Association** through facilitator trainings, ongoing communication throughout the year, educational topics, and resources for group discussions, and marketing materials.

Topics include, but are not limited to:

- How COPD affects the lungs
- Breathing techniques
- Exercise and healthy eating
- Being your own health advocate
- Medications and other treatment options
- Medical tests and procedures
- Supplemental oxygen
- Navigating the healthcare system
- Community resources
- Air pollution

**Learn more about Better Breathers Clubs** at Lung.org/better-breathers, or contact BetterBreathersClub@Lung.org about becoming a Better Breathers Club Facilitator.