Deep Breathing and Mindful Breathing Series

1. Mindful Breathing: Pursed Lip Breathing
2. Mindful Breathing: Progressive Muscle Relaxation
3. Mindful Breathing
4. Purse Lip Breathing (Watch in Spanish)
5. Belly Breathing (Watch in Spanish)

Lung Disease Educational Videos

1. Diagnosing Severe Asthma
2. What is Asthma? (Watch in Spanish)
3. What is NTM Lung Disease?
4. Understanding EGPA?
5. What is Silicosis?
Lung Disease Management Videos

1. [COPD Medication Management During the Pandemic](#)
2. [How to Use a Nebulizer](#)
3. [How to Clean a Nebulizer](#)
4. [Oxygen Therapy Videos](#)
5. [Fostering Trust in the COVID-19 Vaccine](#)
6. [Get the Facts about Quitting Smoking and E-Cigarettes](#)