



BECOME A BREATHE WELL, LIVE WELL® EDUCATOR

Breathe Well, Live Well® is the American Lung Association's adult asthma self-management program that teaches adults to take control of their asthma so they can be active and healthy. Serving as a Breathe Well, Live Well educator is ideal for healthcare professionals and community health educators who work with adult populations. The course aims to prepare healthcare professionals to better understand the issues that may contribute to an adults' poor asthma control, and teach them management techniques to help them gain better control. A certificate of completion will be available after completing the course that can be submitted for continuing education credits.

Breathe Well, Live Well® is nationally tested and proven to help reduce the severity of asthma symptoms and respiratory problems. The program is flexible in delivery format options to meet the educational and learning needs of participants.

Studies show that after completing the program:

- Participants experience less severe asthma symptoms,
- have fewer respiratory problems and,
- are better able to stick to their asthma treatment plan



Become an Educator!

The **Breathe Well, Live Well®** Educator Training will prepare you to facilitate adult asthma education using the American Lung Association's award winning resource, "Breathe Well, Live Well: The Guide to Managing Your Asthma at Home and Work." The Educator Training is a 2-hour online module that includes the basics of asthma as well as preparation to facilitate adult asthma self-management education.

There are four key learning outcomes in this course.

You will:

- understand the impact of poor asthma control among adults,
- be able to describe the treatment and prevention of asthma symptoms in adults,
- learn how to explain the concepts of asthma self-management, and
- be able to describe the evidence and evaluation of the Breathe Well, Live Well program.

Access the Online Educator Training

The Educator Training is free of charge. The online course will take you approximately two hours to complete, and includes access to Asthma Basics, our interactive online learning module designed to help people learn more about asthma. Please email BreatheWell@lung.org to get started.