| COPD  **CLASSES**  **FOR VETERANS & FAMILIES**  When  EVERY 3RD THURSDAY  1:00 PM – 3:00 PM  Where  OCOTILLO CLINIC CONFERENCE ROOM  BENEFITS · **Increase your knowledge of managing COPD** · Early identification of symptoms · **Improve your Quality of Life** · Ask questions of Clinical Specialists · **Peer Support** · | cLASSES INCLUDES:  copd  \*Overview of Disease  \*Causes  \*Symptoms  \*Treatments  Healthy eating  \*Nutritional Risks  \*Tips to Improve Healthy Eating Choices  \*Resources Available  Activity & Relaxation  \*Exercises  \*Energy Management  \*Breathing Tips  \*Stress Management    ASK YOUR PACT TEAM FOR MORE INFORMATION |
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