| COPD**CLASSES****FOR VETERANS & FAMILIES**WhenEVERY 3RD THURSDAY1:00 PM – 3:00 PMWhereOCOTILLO CLINIC CONFERENCE ROOMBENEFITS · **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\*TreatmentsHealthy eating \*Nutritional Risks\*Tips to Improve Healthy Eating Choices\*Resources AvailableActivity & Relaxation\*Exercises\*Energy Management\*Breathing Tips\*Stress ManagementASK YOUR PACT TEAM FOR MORE INFORMATION |
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