

# Better Breathers

San Juan Regional Medical Center

## Join Better Breathers and Breathe Better

*Better Breathers welcomes anyone with chronic lung disease, their families, caregivers, or anyone else interested in breathing easier.*

### Meetings:

Second Tuesday of every month | 1:00 p.m. to 2:30 p.m.  
Cardiac and Pulmonary Rehabilitation Gym

Better Breathers welcomes anyone with chronic lung disease, their spouses, caregivers, and anyone else interested in breathing easier.

### Monthly meeting topics include:

- Medication and treatment options
- Oxygen education
- Breathing techniques and exercises
- Smoking cessation
- Talking with your physician
- COPD updates

### Benefits of the meetings:

- A fuller, healthier life
- Independence
- New perspectives and attitudes
- Learn and grow
- Fun and friendly people
- Outlets for fears and frustrations

## Better Breathers

For more information call

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*An adjunct to the Pulmonary Rehabilitation Program at San Juan Regional Medical Center.*



**SAN JUAN REGIONAL  
MEDICAL CENTER**

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# Cardiac and Pulmonary Rehabilitation

San Juan Regional Medical Center  
**first floor**



Maple Street

