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.



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

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Friendship and Fellowship

Our monthly meetings offer support through interaction with others who share your health concerns. This group provides an opportunity for input from your own personal experiences. Discussion sessions give everyone a chance to investigate other tools for improvement of quality of life.

Education and Speakers

Our speakers include area lung health specialists who provide an opportunity for questions and answers. This group also provides an opportunity for peer–group self–help through sharing of ideas on home care of lung disease.

Fitness and Flexibility

Our fitness demonstrations offered by area specialists are of gentle exercise that can be done anywhere without expensive equipment. This group helps keep participants up to date on the latest opportunities in the area. You can return to fitness with techniques of renewal.

Confidence and Caring

Get the best methods and tips. Talk with others who understand what chronic lung disease is and how to cope with it.

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

Terry Chapman **505.609.6256**

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





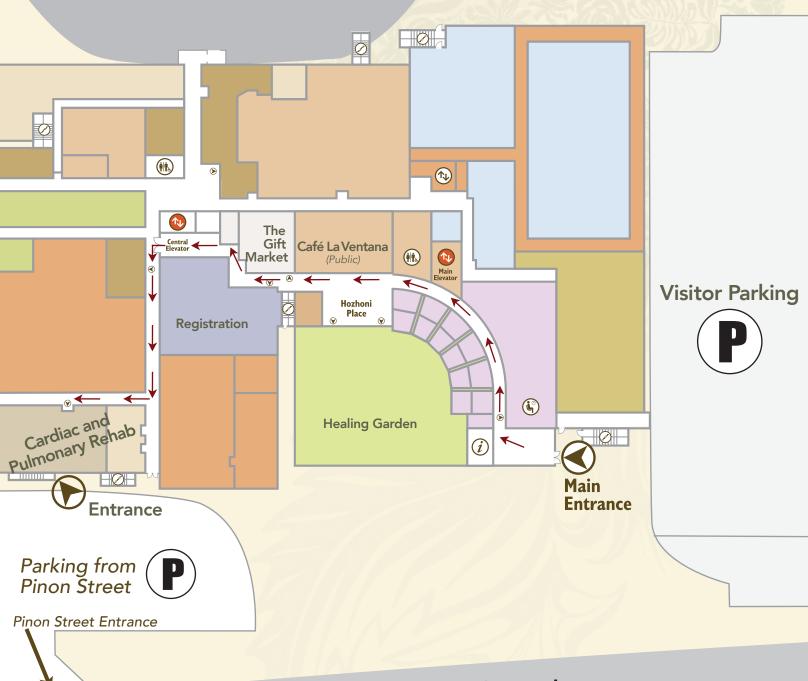
801 West Maple Street | Farmington, New Mexico 87401

Cardiac and Pulmonary Rehabilitation

San Juan Regional Medical Center first floor



Maple Street



Pinon Street