



Better Breathers of the Fox Valley

A Community wide support group for people with COPD or other chronic lung conditions.

If breathing problems are interfering with your life, you can do something about it.

Better Breathers of the Fox Valley Area in 2009 was formed by your friends and neighbors as a volunteer-driven community wide support group to share what we've learned with others who have breathing problems. We do this in collaboration with local medical professionals.

As individuals who can't breathe as well as we once did, we know:

- ◇ Our conditions can be properly diagnosed and treated by qualified medical professionals.
- ◇ There are simple tools and techniques we can learn and use to manage our conditions.
- ◇ Sharing the learning process with others is more fun than doing it alone.

Meetings

We hold **meetings**, featuring speakers with knowledge on topics of interest and value to our members...while offering an opportunity for **positive social interaction, emotional support**, informal information-sharing and...a healthy dose of good **humor**.

If breathing problems are interfering with your life, you can do something about it!

Join us at a meeting. Find out how you can make your life better—through better breathing. Your family, friends and caregivers are also welcome.

MEETING DATES—2016
(4th Wednesday of the following months.)

APR. 27	AUG. 24
MAY. 25	SEPT. 28
JUNE. 22	OCT. 26

Program: 1:00-2:00 pm
Social Hour: 2:00-3:00 pm

Location:
Helen G. Fowler Conference Rms., St. Elizabeth Hospital, 1506 S. Oneida St., Appleton. (Main Entrance)

Free valet parking.

For directions & bad weather cancellation info, call: 920-738-2558

For more information please contact either Pulmonary Rehab

Programs:

Theda Care Appleton 920-729-2603

OR

St. Elizabeth Hospital 920 729-2603

ENDORSED BY:

AFFINITY HEALTH SYSTEM

THEDACARE REGIONAL
MEDICAL CENTER APPLETON

NETWORK HEALTH