



Family Asthma Workshop

Learn how to manage your asthma

At our 2.5 hour asthma workshop, you'll:

- Learn how to explain asthma
- Follow an Asthma Action Plan
- Learn how to take asthma medicines correctly

This workshop is for:

- People diagnosed with asthma
- Caretakers of people diagnosed with asthma

How to register:

Call IEHP Health Education **1-866-224-4347**.

TTY users should call **1-800-718-4347**.

Monday – Friday, 8am – 5pm.

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。

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**FREE
Workshop**

We also offer
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Call IEHP Health
Education to
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