



Lead a Support Group for Individuals with Lung Disease

As a lung health advocate, share your knowledge and expertise to help enhance the well-being of individuals who live with a chronic lung disease such as COPD, pulmonary fibrosis or lung cancer, and their family and caregivers.

American Lung Association Better Breathers Clubs are regularly scheduled, in-person support groups that give participants the opportunity to learn better ways to manage their diagnosis while getting the support of others in the group.

Get support from the American Lung Association through facilitator trainings, ongoing communication throughout the year, educational topics, and resources for group discussions, and marketing materials.

Topics include, but are not limited to:

- How COPD affects the lungs
- Breathing techniques
- Exercise and healthy eating
- Being your own health advocate
- Medications and other treatment options
- Medical tests and procedures
- Supplemental oxygen
- Navigating the healthcare system
- Community resources
- Air pollution

Learn more about Better Breathers Clubs at Lung.org/better-breathers, or contact BetterBreathersClub@Lung.org about becoming a Better Breathers Club Facilitator.