



## **Become a Member of a Support Group for Individuals with Lung Disease**

American Lung Association Better Breathers Clubs are regularly scheduled, in-person or virtual support groups for individuals with chronic lung disease such as COPD, asthma, pulmonary fibrosis, lung cancer and their family and caregivers.

Learn ways to better cope with your diagnosis while getting the support of others in similar situations. These support groups give you the tools you need to live your best quality of life.





Led by an American Lung Association trained facilitator, Better Breathers Clubs feature educational presentations on a wide range of relevant topics, including:

- How respiratory disease affects the lungs
- Breathing techniques
- Exercise
- Talking with your physician
- Medications and other treatment options
- Medical tests
- Supplemental oxygen

It feels good to talk with others who understand what you are feeling, and can offer support and encouragement along the way.

**To register or to learn more about Better Breathers Clubs,** find a group near you at [Lung.org/better-breathers](https://lung.org/better-breathers) or 1-800-LUNGUSA.