

January 31, 2006

**NEWS RELEASE – HOSPITAL OFFERS ASTHMA AWARENESS CLASS**

Joint Township District Memorial Hospital is offering a new educational class called Asthma Awareness. This class is designed to help asthmatics and their families gain “control” of the disease.

Topics for the class will include:

- Anatomy and pathophysiology of asthma
- Identifying triggers
- Peak-flow monitoring
- Asthma medications (rescue versus control)
- Inhaler techniques
- Spacers
- Exercise-induced asthma
- Asthma management plans

This class will be held the first Tuesday of each month, February 7, 2006 from 6:30 to 8:00 pm. Registration is not required and the class is free to all participants. Please call Stacy Hilgefort at 419-394-3335, ext 2004 for more information.

FOR MORE INFORMATION CONTACT: Martin C. Dodrill  
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