



## FREE Public Event

- Learn how to better manage the debilitating symptoms of COPD
- What is a COPD Action Plan
- How to manage exacerbations
- Energy conservation
- Inhaler/breathing techniques

# COPD WORKSHOP

Thursday February 27, 2020

at 10:30am

250 Clark

Powassan, ON

Please register by visiting our [www.paaft.ca](http://www.paaft.ca) Events Page or call 705-724-1020

Hosted by:



**Powassan & Area**

Family Health Team

