



Learning to Live With COPD

Wednesday, October 7
5:00 to 8:00 pm

Join us for an informative seminar that will discuss COPD and the disease process.

Topics include:

- What is COPD
- What Causes COPD
- How to Control the Symptoms
- Nutrition
- Importance of Exercise
- Coping with COPD
- Oxygen Usage with Advanced COPD
- Medications for COPD

Clark Auditorium
Lowell General Hospital
295 Varnum Avenue, Lowell, MA

To register, contact Heather Hilbert
at 978-788-7078 or email
heather.hilbert@lowellgeneral.org
before October 7.

There will be screenings for oxygen saturation and vital capacity as well as instruction on proper medication usage and technique.



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