



Breathing Hui Support Group Meetings FREE & open to the public!

*Especially for folks with emphysema, chronic bronchitis
or chronic asthma, also known as*

Chronic Obstructive Pulmonary Disease (COPD)

Free and open to the public, led by healthcare professionals

Medications Sleep Exercise Nutrition
Travel Oxygen Research Legislation
Emotions Relaxation Smoking Cessation
Optimizing Health & Care Social Security

10-noon, 2nd Friday every month,
Kaiser Honolulu,
1010 Pensacola, Conference Room 2AB

10-noon, 3rd Saturday every month
Hawaii Kai Retirement Community (Phase 1),
428 Kawaihae St., Multi-Purpose Rm., 3rd floor



**For more info call Longs Clinical Services
at 988-2439 go to <http://hawaiicopd.org> or
call Hawaii COPD Coalition at 699-9839**

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