



SAVE THE DATE

Caregiver Conference

Thursday, June 29, 10 am – 2 pm

*Cary W. Martin Conference Center, Houston Health Pavilion
(W3 Entrance), 233 North Houston Road, Warner Robins*

Caring for a family member or friend can be a rewarding yet challenging experience. Successful caregiving requires special skills, information and resources. If you are presently a caregiver, even a long distance caregiver or preparing to be a caregiver, this one day conference is for you. Speakers with expertise will provide topics such as fall prevention, safety in moving, lifting and assistive devices, care for the caregiver, personal and bedrest skills, medication management, and more. In addition, local agencies will be on-site to share resource information. Lunch will be provided. Pre-registration is required. Call 923-9771 to pre-register.

LUNCH AND LEARN: Home Safety for COPD

*Tuesday, June 6, 11:30 am – 12 pm: FREE spirometry and
blood pressure screenings*

12 – 1 pm: Lunch and Learn program

Perry Hospital Cafeteria,, 1120 Morningside Drive, Perry

Living with Chronic Obstructive Pulmonary Disease means you need to take steps to make daily activities easier. We will discuss home safety adjustments that can help you maintain your independence and avoid injuries. Lunch provided for those who pre-register. Call 923-9771 to pre-register.



Asthma Education

Asthma can be a frightening and serious condition. Knowing how to prevent, as well as how to treat, asthma in an emergency is important. Houston Healthcare is providing one-on-one asthma education in three locations. Call for an appointment.

Houston Health Pavilion:

EduCare/Community Education (478) 923-9771

Houston Medical Center:

Respiratory Department (478) 975-5228

Perry Hospital:

Respiratory Department (478) 218-1688

Better Breathers Club

Better Breathers provides methods to cope with lung diseases such as COPD and Adult Asthma. The group includes discussions of ways to face the challenges of lung disease while improving your quality of life. The program is affiliated with the American Lung Association.

*Houston Medical Center - Northwest Tower Lobby Conference Room,
1601 Watson Boulevard, Warner Robins*

Thursday, April 6, 12 pm – Sleep Disorders Link to Lung Diseases

Thursday, May 4, 12 pm – Pneumonia – Complicating Lung Disease

Thursday, June 1, 12 pm – Home Safety for COPD

Perry Hospital Cafeteria - 1120 Morningside Drive, Perry

Tuesday, April 4, 12 pm – Sleep Disorders Link to Lung Diseases

Tuesday, May 2, 12 pm – Pneumonia – Complicating Lung Disease

Tuesday, June 6, 12 pm – Home Safety for COPD (This is a Lunch & Learn event)