



Register for the Free Asthma Blues Mini-Camp®!

“Music With A Message That Matters!”®

The Asthma Blues Mini-Camp® is a FREE 90-minute virtual Zoom program administered by Al Keith, BA, CRT, AE-C. The music and lyrics from Asthma Blues®, address the patient education goals found in Section 3, Component 2 of the EPR-3 and 5 of the 6 key priority messages from the Guidelines Implementation Panel (GIP) report.

Objectives:

Increase asthma knowledge and self-management skills.

You will learn:

- Asthma Physiology
- Asthma Symptoms and Triggers
- Asthma Medication Types
- Correct delivery of medications
- Proper use and function of a Peak Flow Meter
- To use Peak Flow measurements with written Asthma Action Plans
- Q & A with Mr. Al, the “Asthma Blues Man”

Scan **Blue/White Circle** QR, preview music at www.asthmablues.com

When:

Second Saturday of every month through 2025.

Time:

10:00am -11:30am CST

Registration:

Scan **Black/White Square** QR, for registration link.
Must register before **first Saturday** to secure place in camp. Zoom link and camp materials will be sent to camper by e-mail after registration.



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