



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 hosted by the Alabama Asthma Ambassadors. The Mini-Camp facilitator is Al Keith, BA, CRT, AE-C, creator of Asthma Blues®. 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. **Register** for the Asthma Blues Mini-Camp® and **learn** how to *speak the Language of Asthma!*

Objectives:

Increase asthma knowledge, self-management skills and improve communication with your health care provider.

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”

When:

Second Saturday of the month starting in February of 2026.

Time:

10:00am -11:30am CST

Registration Circle goes here

Registration:

Click the circle above to register for the Mini-Camp.

Must register before **first Saturday** to secure place in camp.

Internet access necessary. Zoom link and Asthma Blues music files will be sent by e-mail after registration.

E-mail: ebbuckner@gmail.com **Phone:** (205) 910-9877