

INFORMATION SESSIONS FOR GENERAL PUBLIC 2010



<p><i>Live Well with Asthma</i></p> <p>The 'Live Well with Asthma' session is designed to provide the person with asthma or their carer with an update on current asthma management.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Recognising symptoms of asthma and the severity of an attack • Asthma medications including relievers and preventers • Asthma triggers • Delivery devices such as inhalers and spacers • Monitoring and assessing asthma • Action Plans • Asthma First Aid 	<p><i>Live Well with Chronic Lung Conditions</i></p> <p>The 'Live Well with Chronic Lung Conditions' session provides the person with a chronic lung condition and their carer with an update on current management. This includes people with: Chronic Obstructive Pulmonary Disease (COPD), emphysema, chronic bronchitis, asthma and bronchiectasis.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Definition and symptoms • Diagnosis • Exercise and energy conservation • Lifestyle options • Action plans <p>This session can be used as an introduction to managing a Chronic Lung Condition or as a refresher for someone who has attended a Pulmonary Rehabilitation course.</p>
<p><i>Live Well with Eczema</i></p> <p>The 'Live Well with Eczema' session is designed to provides the person with eczema, and parents and carers of children with eczema with an update on current eczema management.</p> <p>The session will help people with eczema and their carers to look after their skin in the best way possible by:</p> <ul style="list-style-type: none"> • Explaining what is happening in the skin • Discussing new discoveries and what they mean • Demonstrating how to apply the various treatments used in eczema management, including wet wrapping and creams • Providing a list of evidence-based websites and support networks available 	<p><i>Live Well with Allergy & Anaphylaxis</i></p> <p>'Live Well with Allergy and Anaphylaxis' is a two hour session that provides the person with allergy/ anaphylaxis or their carer with an update on current management. The program includes:</p> <ul style="list-style-type: none"> • Introduction to allergy (asthma, hayfever and eczema) • Identifying allergies • Avoiding common allergens • General management • Anaphylaxis: <ul style="list-style-type: none"> - What it is - How to treat it - Avoiding allergens (food, insect) - Use of an EpiPen
<p style="text-align: center;">Information and bookings: Phone 8238 9300</p> <p style="text-align: center;">Cost: FREE</p> <p style="text-align: center;">Venue: 300 South Road, Hilton SA</p>	

Information Session Dates 2010

Session	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asthma		Thurs 25th		Tues 20th	Thurs 20th		Tues 27th		Thurs 2nd		Tues 30th	
Allergy & Anaphylaxis		Tues 9th			Tues 25th					Tues 26th		
Eczema			Fri 5th					Fri 13th		Fri 15th		
Chronic Lung Conditions			Thurs 18th			Tues 8th			Thurs 23rd			

Information Session Times:

Live Well with Asthma 10 am - 11:30 am

Live Well with Allergy & Anaphylaxis 10:00 am - 12:00 pm

Live Well with Eczema 9:30 am - 11:30 am

Live Well with Chronic Lung Conditions 10 am - 11:30 am

Asthma Foundation of SA

Live Well Information Session Booking

Session Name _____ Date _____

Number of people attending _____

Name (s) _____

Address _____ Postcode _____

Phone _____ Email _____

**When completed, please send this form to the Asthma Foundation of South Australia: mail it to
Asthma Foundation of SA PO Box 2035 Hilton 5033 or email it to info@asthmasa.org.au.**