

Together in...

health

*"choose to
make a difference"*



Take control of your asthma! **Come to a free class!**

Do you need help controlling your asthma or your child's asthma?

Then come learn about:

- **Common asthma symptoms and triggers**
- **The difference between controller and rescue medications**
- **How to manage your asthma symptoms**
- **How to respond to an asthma emergency**
- **How to use an Asthma Action Plan**

When and Where?

Classes are offered every month. To learn about class dates, times and locations, call **(661) 632-1590** (Bakersfield) or **1-800-391-2000** (outside of Bakersfield) and ask for the Health Education Department.

Space is limited. Call to reserve your space in the class.

800-391-2000
kernfamilyhealthcare.com

