

Asthma: Risks, Triggers, Seasonal Spikes, and How to Stay Healthy

September 11, 2024

1:30-3:00pm MDT

This session will define asthma in youth and adults, outline when to discuss potential and worsening asthma with a doctor, how to reduce the risk of asthma and potential worsening symptoms, common triggers and how asthma can evolve, affect your risk of other disease- depending on the season and/or your age.



Learning Outcomes:

- What causes different types of asthma
- What the signs of asthma are
- How to respond to symptoms
- How to reduce your risk

Speakers:

Jamie Happy, Health Promotions Coordinator for Alberta Lung Association, an experienced healthcare and science professional. Her role sees her advance lung health research and policy, educate the public and assist patients on their healthcare journey through multiple support programs. Through the Breathe Smart! program, she is committed to First Nations outreach for lung health education.



Target Audience: General public. Suitable for seniors, parents, young adults, outdoor workers and those who have or known someone with lung disease or scent/chemical sensitivity.

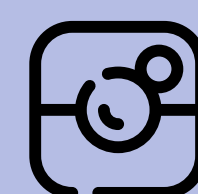
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