

River Glen Health Care Center presents:

# Better Breather's Monthly Support Group

 AMERICAN  
LUNG  
ASSOCIATION.

 BETTER  
BREATHERS  
CLUB

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease. Your attendance will increase your knowledge about pulmonary disease and how to better manage it. This will ultimately enhance your ability to perform activities of daily living and improve your quality of life.

*Refreshments will be served.*

## Facilitated By:

Cara Onofrio, RRT, All About You & Janine Weiss, RRT, River Glen HCC

Please RSVP to Dana Christos at  
**203-586-7249**

**River Glen**  
Health Care Center



**All About You!**  
**Home Care Services**  
"We're your Health Resource at Home™"

## LOCATION:

**River Glen  
Health Care Center**

*162 South Britain Road  
Southbury, CT 06488*

## DATES:

**Wednesday, June 20, 2018**

10:00 AM - 11:00 AM

**Wednesday, June 27, 2018**

10:00 AM - 11:00 AM

**Wednesday, July 11, 2018**

10:00 AM - 11:00 AM

**Wednesday, July 18, 2018**

10:00 AM - 11:00 AM