

FIGHT ASTHMA MILWAUKEE



LEAD AGENCY:
CHILDREN'S HOSPITAL AND HEALTH SYSTEM

1533 North RiverCenter Dr. • Milwaukee, WI 53212
Phone (414) 390-2179 • Fax (414) 765-0996
www.famallies.org

Catch Your Breath 2006: **Asthma Survival Skills for Parents and Children**

The growing problem...Asthma is the most common chronic disease of childhood. It keeps kids home from school... and parents home from work.

A resource for change...Fight Asthma Milwaukee Allies (FAM Allies) provides free classes once a month for parents and children to help them manage the asthma in their lives.

FAM Allies' *Catch Your Breath* includes:

- How asthma affects the lungs
- How to recognize early warning signs and prevent emergencies
- Managing indoor and outdoor triggers
- How asthma medications work
- Working with school and health personnel

Date and time

Place (See other side for details.)

Mon., Jan. 23, 6:00 – 8:00 p.m.	Children's Hospital of Wisconsin
Wed., Feb. 15, 6:00 – 8:00 p.m.	Children's Health Education Center
Tues., Mar. 14, 6:00 – 8:00 p.m.	Children's Hospital of Wisconsin
Thurs., Apr. 6, 6:00 – 8:00 p.m.	Children's Health Education Center
Tues., May 23, 6:00 – 8:00 p.m.	Children's Hospital of Wisconsin
Mon., June 12, 6:00 – 8:00 p.m.	Children's Health Education Center
Wed., July 19, 6:00 – 8:00 p.m.	Children's Hospital of Wisconsin
Tues., Sept. 19, 6:00 – 8:00 p.m.	Children's Health Education Center
Thurs., Oct. 19, 6:00 – 8:00 p.m.	Children's Hospital of Wisconsin
Mon., Nov. 13, 6:00 – 8:00 p.m.	Children's Health Education Center
Wed., Dec. 13, 6:00 – 8:00 p.m.	Children's Hospital of Wisconsin

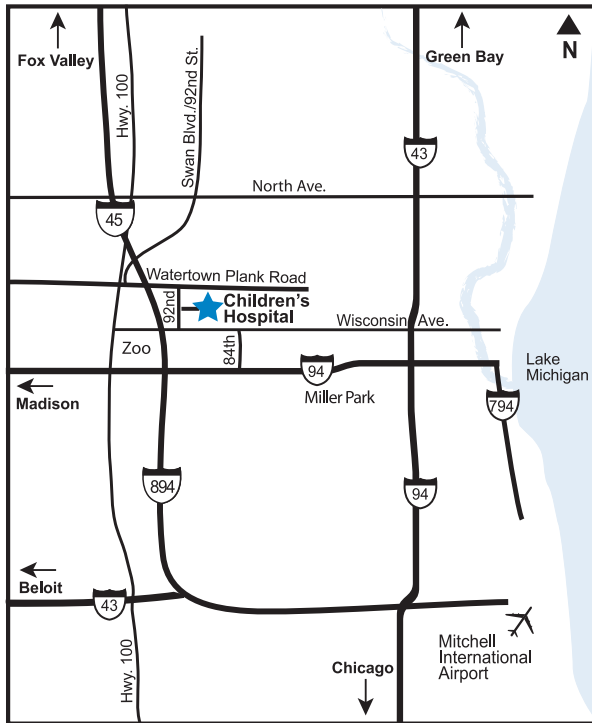
**To register, please contact Nicole Mueller at
(414) 765-9355 or NMueller@chw.org.**





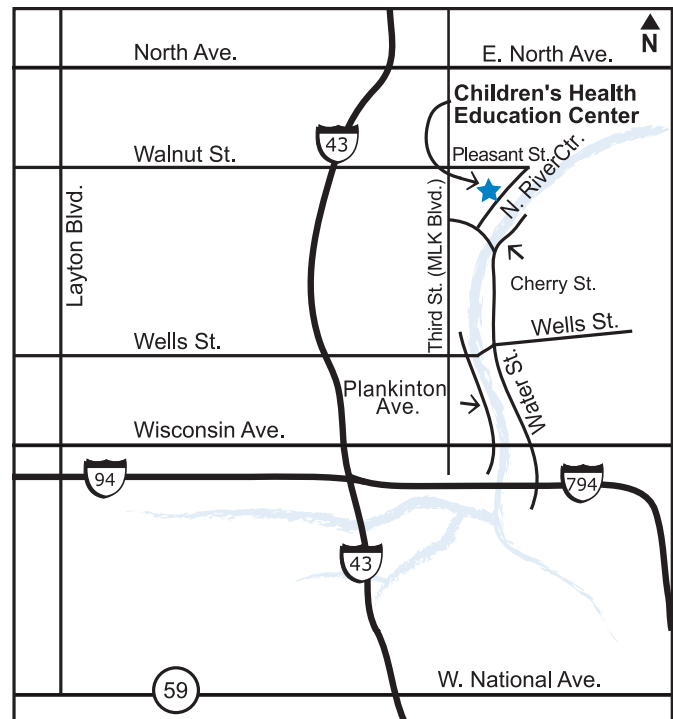
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**Children's Hospital of Wisconsin
2nd floor classroom
9000 West Wisconsin Avenue
Wauwatosa, WI 53226**

- Take I-94 West or East to U.S. Hwy. 45 North.
- Go north on U.S. Hwy. 45 (Fond du Lac) to Watertown Plank Road (Exit 40).
- Travel east (right) on Watertown Plank Road toward hospital.
- Follow signage to north parking structure. Note: The Children's Hospital of Wisconsin campus is under construction as we're updating our facilities.
- Once parked in North parking structure, take the skywalk into the clinics building. Follow signage through Clinics building to the hospital, and to 2nd floor classroom.



**Children's Health Education Center
1533 RiverCenter Drive
Milwaukee, WI 53212**

- 94 East to 794 (James Lovell Street exit).
- James Lovell Street (north) to Wells Street.
- Right (east) on Wells Street to Sixth Street.
- Left (north) on Sixth Street to Cherry Street.
- Right (east) on Cherry Street.
- Turn left at entrance to RiverCenter Drive (Riverfront Parking Lot).
- Proceed on RiverCenter Drive to 1533 North RiverCenter Drive (mid-building).
- Park free directly in front of the building in any area marked "RESERVED CHEC."

* Buses and/or carpools are welcome to pull up to our front door for student drop-off and pick-up.