

Breathe Better *with Us*



A FREE Clinical and Educational Respiratory Health Program

Having Trouble Breathing?

Do you often experience?

- ✓ Abnormal breathing
- ✓ Chest pain or tightness
- ✓ Coughing
- ✓ Wheezing
- ✓ Disrupted sleep

Does any of this apply to you?

- ✓ Asthma
- ✓ Bronchitis
- ✓ COPD
- ✓ Emphysema
- ✓ Pulmonary Hypertension
- ✓ Farmers Lung
- ✓ Work-related lung injury
- ✓ Exposure to Asbestos, Chemicals, or Mold
- ✓ Diesel fumes exposure
- ✓ Dusty classroom exposure
- ✓ Past smoker with symptoms?

If you said “yes to any of the above, you qualify for our FREE Breathe Better With Us program.

These exposures and diagnoses fall under the umbrella of Chronic Lower Respiratory Diseases (CLRD) — and the good news is that CLRD is treatable. With proper management, most people can reduce symptoms, improve quality of life, and lower their risk of other conditions.

Our program offers free individual sessions with a Respiratory Therapist and convenient drop-in/virtual classes designed to help you breathe easier.



For more information, call 845.517.6316, email breathebetter@wmchealth.org, visit wmchealth.org/service-line/pulmonology/breathe-better-clinic or scan the QR code to the left.

Join one or all of our classes at Margaretville Hospital or via zoom.

Fall 2026

(In Person/Virtual Class)

Sept. 14, 21 | Oct. 5, 19 | Nov. 2, 16

Winter 2027

(Virtual Support Group)

Jan. 11, 25 | Feb. 8, 22 | Mar 8, 22

Summer 2027

(In Person/Virtual Class)

May 10, 24 | June 7, 14, 28 | July 12

All classes and support groups run 3 – 4 p.m.

*Drop into class anytime
Registration not required!*

Simply scan the QR Code to join

Meeting ID:
827 4471 7719

Passcode: 506479



**Margaretville
Hospital**

Westchester Medical Center Health Network