

Asthma Education and Self-Management

A Pilot Program (Ages 10-12)

Zebra Crossings is excited to be working with the **NH Asthma Control Program** to run an “**Open Airways for Schools**” curriculum as developed by the **American Lung Association**.

This pilot program, for youth ages 10-12, includes six skill building sessions on asthma education. Within these six sessions your camper will learn a variety of skills to help them manage their asthma independently. At the end of the program they will receive a certificate to show that they are ready to carry their own quick relief inhaler with confidence. An asthma action plan will be filled out, so everyone will be able to work together to better care for your child's wellness.

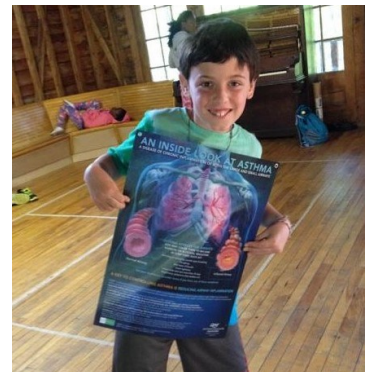
This first pilot will be held via Zoom. It will have some hands on interaction and open discussions to share ideas and ask questions. It is geared for a camper who knows about their asthma but would like to be more in control of it and is ready to take the next step to self-reassurance.

New dates for this program will be announced soon.

- Basic Information & Feelings About Asthma
- Recognizing & Managing Asthma Symptoms
- Asthma Triggers and Healthy Choices
- Doing Well at School and Certificate celebration!

This pilot program is free. We ask families commit to attending all four sessions. Register now or contact meg@zebra-crossings.org for more information.

nhasthma
CONTROL PROGRAM



 American Lung Association®

Zebra Crossings offers empowerment programs for youth and teens with chronic medical conditions. Whether it is a week-long camp or weekend activities, care is always provided by trained medical staff. We aim to lessen the burden of chronic medical conditions by connecting kids through play and giving respite for caregivers. Zebra Crossings is a fun, safe place where kids just get to be kids.

For more details contact:
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