

OPEN AIRWAYS PROGRAM

EMPOWERING NH YOUTH AGES 8-11

The American Lung Association's Open Airways is a program that educates and empowers children through a fun and interactive approach to asthma self-management.

The American Lung Association's Open Airways For Schools® is a program that educates and empowers children through a fun and interactive approach to asthma self-management.

The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.

HOW IT WORKS:

- Small peer groups led by trained youth facilitators
- Six 45 minute online interactive virtual meetings
- Lesson plans are complemented with fun group games
- This program is offered at no cost.
- Participants receive a certificate after completing the program

YOUTH SESSION DATES:

3 week session: Tuesdays & Thursdays

4:30-5:30 p.m. ■ March 23-April 8

6 week session: Wednesdays from

5:00-6:00 p.m. ■ March 24-April 28

GIVING KIDS THE TOOLS AND CONFIDENCE TO MANAGE THEIR ASTHMA

Participants will leave the program feeling:

- Confident that they can recognize asthma triggers and manage symptoms with their medication
- Comfortable discussing and sharing their asthma needs with adults and friends
- Empowered to take care of their asthma on a daily basis

REGISTER ONLINE:

<https://zebra-crossings/programs>

Questions? Call Meg at (603) 312-2052 ext. 2 or email meg@zebra-crossings.org

INFORMATION SESSIONS VIA ZOOM:

- Tuesday, **March 16** from 12:30 to 1 p.m.
- Thursday, **March 18** from 12:30 to 1 p.m.

Parents or medical care professionals can join us via Zoom to learn more before registering or referring a child.

