



April 6, 2018

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

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Day at the Capitol: TRU Registration Closing MONDAY!



DAY AT THE CAPITOL
May 1, 2018 | 7:30 a.m. - 12:30 p.m.
Pennsylvania State Capitol
N. 3rd Street, Harrisburg, PA 17120

This one-day event is an opportunity for Tobacco Resistance Unit (TRU) youth members and their advisors to come together and meet with legislators to provide education on increasing the legal age of sale for tobacco products from 18 to 21 and supporting Master Settlement Agreement (MSA) funding for tobacco prevention and cessation programs and services. This year, TRU youth members will participate in fun and interactive activities and learn about advocacy! The day will conclude with a press conference.

REGISTRATION IS NOW OPEN FOR THE 2018 DAY AT THE CAPITOL

REGISTRATION	TRAINING
Advisors can visit lungpa.org to register their students for Day at the Capitol. Go to "TRU Program" and select "Day at the Capitol 2018" to access the registration form. Information for each student attending should be filled out on the form.	Once you have signed up for the Day at the Capitol, you will receive an email with further instructions including a Day at the Capitol Advisory Training webcast link to prepare youth to meet with legislators. Each group must register one adult per 25 youth.
Advisors can make the selection to register for the TRU Youth/Adult Advisory Partner Day at both the TRU Youth/Adult Advisory Partner Day and PA DCH 16 Conference.	

TRU Registration for Day at the Capitol 2018 closes on Monday April 9th. That is three days away!

Day at the Capitol will be held on May 1st, 2018, this is less than a month away. If you haven't already please register your TRU groups.

If you have any questions please contact Molly Anthony at molly.anthony@lung.org.

Exercise-Induced Asthma

Quick Links

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[Resources](#)

[Asthma 101](#)

[Coaches Clipboard](#)

[Open Airways For Schools](#)

[Asthma Management Plan](#)

[Course Sites](#)

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Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA

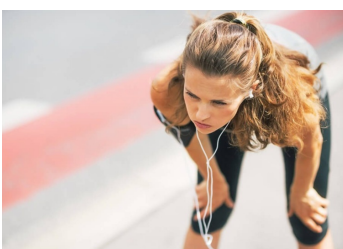


ALA in PA



PA Department of Health





While almost everyone finds the return of the sunshine a pleasant experience, there are a few not-so-pleasant effects of this time of year. Many individuals feel the effects of exercise-induced asthma as they begin to be more active during the warmer days.

The last thing anyone wants to feel when they're pushing their body physically is tightness and wheezing in their chest. Unfortunately, that is just what many with exercise-induced asthma experience. Occasional gym-goers, serious athletes and professional competitors alike can be subject to the uncomfortable and performance diminishing symptoms of asthma.

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Practicing Tai Chi Helps Improve Respiratory Function in Patients with COPD



Finding ways to help patients with COPD improve their functional status is an area of interest for pulmonary healthcare providers. Currently, pulmonary rehabilitation (PR) is used where available to improve exercise capacity and quality of life, but the treatment requires access to trained

staff and specialized facilities. A new study in the journal CHEST looked at Tai Chi as a lower cost, more easily accessed treatment option. Investigators found that this slow, methodical form of exercise is equivalent to PR for improving respiratory function in patients with COPD.

Open Airways For Schools- Training Opportunity!



Open Airways For Schools (OAS) Facilitator Training:

OAS is a school- based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management. OAS is a recommended component of the American Lung Association's Asthma-Friendly Schools Initiative, a comprehensive approach to managing asthma in schools.

Reading, PA: May 17, 2018; 1-3:30pm

Pittsburgh, PA: June 12, 2018; 1-3:30pm

****Scholarships Available****

Please contact Shelly Cree at Shelly.Cree@lung.org for more information

Get Involved!



Day at the Capitol

[Harrisburg, PA- May 1, 2018](#)

LUNG FORCE Expo

They are a great opportunity to learn more about the latest trends, resources and research surrounding lung cancer, COPD, asthma and

other lung diseases.

[Pittsburgh, PA- June 7,2018](#)

[Cherry Hill, NJ- March 27, 2018](#)

Fight For Air Climb

[Pittsburgh, PA- April 7, 2018](#)

[Philadelphia, PA- March 24, 2018](#)

LUNG FORCE Walk/Run

[Allentown, PA- April 28, 2018](#)

[Philadelphia, PA- May 19, 2018](#)

[Harrisburg, PA- November 13, 2018](#)

Pasta Run

[Harrisburg, PA- June 13,2018](#)

We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.

Sincerely,

John Keith

Program Manager

PA Asthma Partnership