



Lead a Support Group for Individuals with Lung Disease

As a lung health advocate, share your knowledge and expertise to help enhance the well-being of individuals who live with a chronic lung disease including COPD, pulmonary fibrosis and lung cancer.

American Lung Association Better Breathers Clubs are regularly scheduled, in-person support groups that allow participants the opportunity to learn better ways to cope with their diagnosis while getting the support of others in the group.



Get support from the American Lung Association through facilitator trainings, ongoing communication throughout the year, educational topics and resources for group discussions, and marketing materials to encourage participation from lung disease patients and their caregivers. Topics include, but are not limited to:

- How COPD affects the lungs
- Breathing techniques
- Exercise
- Talking with your physician
- Medications and other treatment options
- Medical tests
- Supplemental oxygen
- Home healthcare
- Lung transplants
- Air pollution

Learn more about Better Breathers Clubs

at Lung.org/better-breathers, or contact John Keith at John.Keith@Lung.org and 610-268-9785 to become a Better Breathers Club Facilitator.

