



2012 MEETING DATES/TIMES/TOPICS

Tuesday, January 31st @ 5:30 p.m. *The ABC's of COPD*

Tuesday, February 28th @ 5:30 p.m. *Medications*

Tuesday, March 27th @ 5:30 p.m. *Exercise*

Tuesday, April 24th @ 5:30 p.m. *Ask the Doctor*

Tuesday, May 29th @ 5:30 p.m. *Communicating with Your Doctor*

Tuesday, June 26th @ 5:30 p.m. *Breathing Techniques*

Tuesday, July 31st @ 5:30 p.m. *Medical Tests*

Tuesday, August 28th @ 5:30 p.m. *Emergencies & Exacerbations*

Tuesday, September 25th @ 5:30 p.m. *Flu Season Do's and Don'ts*

Tuesday, October 30th @ 5:30 p.m. *Energy Conservation*

Tuesday, November 27th @ 5:30 p.m. *Ask the Doctor—COPD & Sleep Apnea*

Tuesday, December 18th @ 5:30 p.m. *Holistic Health & Holiday Party*

All Meetings take place at Carlinville Area Hospital located at 20733 North Broad Street, Carlinville.

For more information contact, Mandy Konneker at

217-854-3141, extension 247.