

Asthma management



Asthma is a common condition. If it is not well controlled, it can be life-threatening. We will review tools to help manage asthma. Topics include asthma symptoms, triggers, and medicines. We will also review how to create an asthma action plan.

To register, call:

(562) 613-5118, 8:30 a.m. – 5 p.m., Monday -
Friday

For more information, call Customer Service:

(800) 452-4413 (TTY: 711), 8 a.m. - 8 p.m.,
seven days a week

Join us: