

# 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:**