

OPEN AIRWAYS PROGRAM

EMPOWERING NH YOUTH AGES 8-11

The American Lung Association's Open Airways is a program that educates and empowers children through a fun and interactive approach to asthma self-management.

The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.

HOW IT WORKS:

- Small peer groups led by trained youth facilitators
- Six 45 minute online interactive virtual meetings
- Lesson plans are complemented with fun group games
- This program is offered at no cost.
- Participants receive a certificate after completing the program

GIVING KIDS THE TOOLS AND CONFIDENCE TO MANAGE THEIR ASTHMA

Participants will leave the program feeling:

- Confident that they can recognize asthma triggers and manage symptoms with their medication
- Comfortable discussing and sharing their asthma needs with adults and friends
- Empowered to take care of their asthma on a daily basis

- Sessions can be scheduled for existing small groups of 4-8 students
- Individuals are encouraged to contact us.
- We will schedule a session when we have a minimum of 4 on our list.



QUESTIONS?

Call Meg at (603) 312-2052 ext. 2 or email meg@zebra-crossings.org