

Better Living With Your Lung Disease Education Seminar 2018

North Brisbane, Queensland



**Lung
Foundation
Australia**

when you can't breathe... nothing else matters®

Date Wednesday, 29 August, 2018

Time 10.00am - 2.00pm

Location Kedron-Wavell Services Club
21 Kittyhawk Drive
Chermside South QLD 4870

Cost \$20 (includes light refreshments and lunch)

Discounts for Love Your Lungs Club members.

RSVP Wednesday, 22 August, 2018
Please call **1800 654 301** to register

Parking Available free onsite

PROGRAM

9.30am Registrations, morning tea & tradestands

10.00am Welcome from Lung Foundation Australia

10.15am **Knowing your tools - Treatments in lung disease:**
Dr Sam Kim, Respiratory, Sleep and Interventional Physician at Pulmonary Care and Medical and Senior Lecturer at University of Queensland will cover the practical aspects of treatment for asthma, Chronic Obstructive Pulmonary Disease (COPD), bronchitis, interstitial lung disease and lung cancer.

11.00am Tradestands and short break

11.15am **Am I too sick to exercise?**
Stella Just, Physiotherapist and Pulmonary Rehabilitation Coordinator from Royal Brisbane and Women's Hospital will present on the benefits of exercise for people living with a chronic lung disease.

12.00pm Lunch

1.00pm **Practical tips for living with chronic lung disease:**
Lyn McDade and Joanne Smith who live with pulmonary fibrosis and bronchiectasis respectively, will share their personal tips on supporting yourself to live well with a lung condition.

1.45pm Thank you and close

2.00pm End of Seminar

Notes The room is air conditioned and may be cool. Please bring pen and paper if you wish to write notes.

Please let us know any special dietary requirements.

Pre-bookings are essential for catering purposes and to confirm your place as seating is limited.

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