

# Childhood Asthma

## FREE Online Workshops

### Workshop Dates

ALL SESSIONS: 4PM - 5PM

Monday 4th November


Monday 2nd December

Monday 6th January

Monday 3rd February



**CONTACT THE TEAM TO RESERVE  
YOUR PLACE**

 01895 543 437

 [nhsnwl.myhealth@nhs.net](mailto:nhsnwl.myhealth@nhs.net)

Scan the code to register  
your space

**SCAN ME**



### What's Included In The Workshop ?

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
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**SESSIONS PRESENTED BY A HILLINGDON ASTHMA NURSE**