





Childhood Asthma

FREE Online Workshops

Friday 11th February: 10am-11am

Thursday 13th March: 7:30pm-8:30pm

> Friday 11th April: 10am-11am

CONTACT THE TEAM TO RESERVE

YOUR PLACE

01895 543 437

nhsnwl.myhealth@nhs.net

Scan the code to register your space



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

O&A