

Asthma Australia are organising FREE educational sessions for children (5-12 years) and their caregivers with asthma called “Kids Live Well With Asthma”.

Please see information below for sessions held in the October school holidays. The capacity is 10 children per session accompanied by their parents/carers.

Kids Live Well with asthma content is interactive training for children, with mandatory parent involvement and covers:

- Why do I have asthma?
- What is asthma and how does it affect my body?
- How do I recognise my asthma symptoms?
- What makes my asthma worse?
- Why do I need to take my medication and how do I take it?
- What do I do at school?
- What do I do in an emergency?
- What can my parents/ carers do to help me live well with my asthma?

Date	Day	Location	Address	Time
2 October	Wednesday	South - Hackham West Children's Centre	9 VINTNERS WALK, Hackham West South Australia 5163	10:30 – 12pm
4 October	Friday	Central - SA Power Networks building	1 Anzac Hwy, Keswick South Australia 5035	10 – 11:30am
10 October	Thursday	North West - Ardtornish Children's centre	2 Saarinen Avenue St Agnes SA 5097	10:30 – 12pm

For bookings and more information about the sessions can be found on their website [HERE](#)

Please also see flyer attached FYI and distribution.

Best wishes,

Tammi

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Monday - Thursday

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