



# Live Well with Asthma

**The Asthma Foundation of Victoria provides FREE asthma education sessions for parents.**

**We will come to your school or children's service and share information about:**

- **What is asthma?**
- **How to recognise asthma symptoms**
- **Asthma medications and how to take them**
- **What to do in an asthma emergency**
- **Asthma Action Plans**

**Contact The Asthma Foundation of Victoria on 9326 7088 to organise a session at your school or Service.**

**(Please note: we require a minimum of 5 attendees per session.)**

This initiative is conducted as part of the Asthma Child and Adolescent Program and supported by the Australian Government Department of Health.

