

FREE

Virtual

Asthma Workshop's

January 16th February 6th March 6th

4pm - 5pm

**CONTACT THE TEAM TO RESERVE
YOUR PLACE**

 nhsnwl.myhealth@nhs.net  **01895 543 437**



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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SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE