

WHAT IS **THUNDERSTORM ASTHMA** & COULD IT AFFECT YOU THIS SPRING?

Juana Ford, respiratory nurse and resident asthma expert at Gippsland Lakes Community Health will answer these questions and more at our National Asthma Week information sessions.

The sessions aim to provide participants with an overview of thunderstorm asthma; the signs, symptoms and triggers; GP asthma action plans; and some of the steps you can take to look after you and your family members if pollen levels are high or extreme in your area.

Join us on **Thursday 7 September** at GLCH in Jemmeson Street, Lakes Entrance [Bakewell Meeting Room] for either a morning [**11.30am - 12.30pm**] or afternoon [**2.30 - 3.30pm**] session.

EVERYONE IS WELCOME! Please contact medical reception on **5155 8300** if you have any questions about the sessions or to register your attendance.

