



Join us for virtual asthma classes!

You'll learn about:

- How to remove or control triggers at home
- How to use of asthma medications and tools
- Asthma and clean air resources
- Common questions for your doctor

When and where?

- Join our classes on Zoom.
- Find the class schedule at kernfamilyhealthcare.com.
- To sign up, call us at **1-800-391-2000** from 8 AM to 5 PM, Monday through Friday. Ask for the Health Education Department.

Members can earn a \$15 gift card for Walmart, Target, Home Depot, Lowe's, or Amazon for each class!



800-391-2000

kernfamilyhealthcare.com



Kern Family Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-391-2000 (TTY: 711)

注意: 如果您使用繁體中, 您可以免費獲得語言援助服務。請致電 1-800-391-2000 (TTY: 711)。