

ALA'S KICKIN' ASTHMA

Kickin' Asthma is an asthma self-management education program for students ages 11-16 that empowers them through a fun and interactive approach to asthma self-management.

Kickin' Asthma includes learning techniques suitable for teen-aged kids and highlights self-management practices, such as recognizing triggers and proper medication use.



Topics Include :

- Basic Asthma Information
- Controlling Triggers
- Managing Symptoms
- Understanding Medication



Why use the program?

It is a proven-effective way to:

- Improve asthma self-management skills
- Decrease asthma emergencies
- Raise asthma awareness among families and school personnel



Consists of four 45-minute group sessions

For More Information

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