

**Breathe Easier,  
Do More**

**Ounce of  
Prevention**  
SERIES



**Monday, June 18 • 11 a.m.–NOON**

Community Room at MID COAST SENIOR HEALTH CENTER  
58 Baribeau Drive, Brunswick

*Join*

**Respiratory Therapist Anna Waldman, RRT**

MID COAST MEDICAL GROUP– Pulmonary, Critical Care & Sleep Medicine

*You will learn—*

- What you can do to improve your breathing and prevent illness
- Exercise options to improve and maintain health and mobility
- Techniques for performing every-day activities that limit you
- How to modify your eating habits to decrease shortness of breath

FOR MORE INFORMATION,  
call **373-3646**.



MID COAST *Center for*  
**Community Health  
& Wellness**

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)