



Alameda Alliance for Health

1240 South Loop Road

Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **Asthma** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Disease Self-management Program

Asthma Start Program

Alameda County Public Health Department

In-home education about asthma for members 18 years of age and under. (English, Spanish, and interpreters offered.)

All Alameda County (Phone)

Phone Number: **1.510.383.5181**

www.acphd.org/asthma.aspx

Online Class

Asthma Basics

American Lung Association

Self-paced online learning module. (English, Spanish)

English: **https://lung.training/courses/asthma_basics.html**

Spanish: **https://www.lung.org/espanol/asthma-basics-en-espanol**

Phone Support

Lung Helpline

American Lung Association

Connect to resources, education, and counseling on a range of lung health and disease topics. Education series offered for Asthma and COPD. (English, Spanish, and interpreters offered.)

6-week education series

About 15-20 minutes per call for education series

Toll-Free: **1.800.548.8252**

Visit the website or call to sign up.

www.lung.org/helpline

Support Groups

Better Breather Club support groups are for people with chronic asthma, COPD, emphysema, and other lung diseases. Family and friends are welcome.

Better Breather Club

St. Rose Hospital

27200 Calaroga Ave., Hayward (Online)

Drop-in 2nd Wednesday each month

From: 10 am – 10:40 am

Phone Number: **1.510.471.6401**

Better Breathing for Life Club

Washington Hospital - Pulmonary Rehab and Pulmonary Function Lab

2500 Mowry Ave., Fremont (Online)

Drop-in 4th Wednesday of each month (No meetings in November or December)

From: 12:30 pm – 2:30 pm

Phone Number: **1.510.818.7025**

www.whhs.com/About/Community-Connection/Support-Groups.aspx

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

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We hope these classes will help meet your health needs.

Best of health,

Alliance Health Programs