



**Alameda Alliance for Health**

1240 South Loop Road  
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

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 taking **asthma** classes. Listed below are classes and groups to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

**ADULTS**

**Asthma Resource Center**

Alta Bates Summit Medical Center  
3030 Telegraph Ave., Berkeley  
4th Tuesday of each month, 3 pm – 5:30 pm  
Phone Number: **1.510.204.1586**

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

**St. Rose Hospital**

27200 Calaroga Ave. Hospital Boardroom, 1st Floor, Hayward  
Drop-in 2nd Wednesday each month  
10 am – 12 pm  
Phone Number: **1.510.264.4044**

**Washington Hospital – Better Breathing for Life Club Support Group**

2500 Mowry Ave., Fremont, CA  
Drop-in 4th Wednesday of each month (no meeting in Nov. or Dec.)  
12:45 pm – 2:45 pm  
Phone Number: **1.510.818.7025**

**Helpful Website**

**www.lung.org** – American Lung Association. Reading and videos, “Asthma Basics” online learning in English and Spanish.

## **CHILDREN**

### **Alameda County Public Health Department – Asthma Start (18 years of age and under)**

All of Alameda County

In-home education about asthma and asthma triggers

Phone Number: **1.510.383.5181**

### **Helpful Websites**

**www.kidshealth.org** – Kid’s Health Asthma Center. Articles and videos for parents, kids, and teens in English and Spanish.

**www.noattacks.org** – No Attacks. Basics on how to prevent asthma and workbook for kids in English and Spanish.

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of health,  
Alliance Health Programs