



For all pulmonary patients.

It feels good to talk with others who understand what you are going through, and can offer support and encouragement along the way.

Visit Us
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Better Breathers

Frequently Asked Questions

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Learning new ways to improve your daily lives.

What is Better Breathers?

A program supported by the American Lung Association where members learn better ways to cope with their chronic lung disease while getting the support of others in similar situations.

Why participate in the program?

Better Breathers Clubs are a regularly scheduled, in-person or virtual support group for individuals with chronic lung disease such as COPD, asthma, pulmonary fibrosis, and lung cancer.

It brings together patients, families, and caregivers to give you the tools you need to live your best quality of life.

What is taught in Better Breathers?

Educational presentations on a wide range of relevant topics, including:

- breathing techniques
- exercise
- healthy eating
- medication and treatment options
- community resources
- personal experiences
- and many more

How do I become a member?

To register or learn more about Better Breathers Clubs, find a group near you:

- Augusta Health Better Breathers Club call (540) 932-4151
- [Lung.org/better-breathers](https://lung.org/better-breathers)
- Call 1-800-LUNGUSA
- Ask your doctor or pulmonologist

