



Building Healthy Lungs for Life

Join us for the first in our monthly Healthy Living Program series.

Do you take your breathing and respiratory health for granted? Respiratory diseases are the leading causes for death and disability in the world yet; most of us do not consider lung health a priority in our daily lives.

Join us for the first webinar in *The Healthy Living Program* series, as Sabrina Pires, Community Health Educator at CVMG, will explain how our lungs work and provide actionable tips for building healthy lungs. During this brief informational webinar, Sabrina will touch on factors that compromise healthy lungs and what you can do to improve your overall lung health.

Attendees can expect to learn:

- How the environment effects our lungs
- Ways to prevent respiratory events and COVID-19 infection spread
- Tips for building healthy lungs, including breathing exercises you can do anywhere
- Taking good care of chronic conditions
- 5 habits to keep your lungs working optimally for life

Your health is our priority. Join us for this informational event!

**Wednesday,
September 30th**

7:00 PM PST

This is a Zoom event. You can participate from the comfort and safety of your own home.

No registration required. To join, simply access the link below on the day of the webinar.

Space is limited to the first 100 attendees.

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