Catch Your Breath 2006:
Asthma Survival Skills for Parents and Children

The growing problem...Asthma is the most common chronic disease of childhood. It keeps kids home from school...and parents home from work.

A resource for change...Fight Asthma Milwaukee Allies (FAM Allies) provides free classes once a month for parents and children to help them manage the asthma in their lives.

FAM Allies’ Catch Your Breath includes:
- How asthma affects the lungs
- How to recognize early warning signs and prevent emergencies
- Managing indoor and outdoor triggers
- How asthma medications work
- Working with school and health personnel

Date and time                                      Place (See other side for details.)
Mon., Jan. 23, 6:00 – 8:00 p.m.  Children’s Hospital of Wisconsin
Wed., Feb. 15, 6:00 – 8:00 p.m.  Children’s Health Education Center
Tues., Mar. 14, 6:00 – 8:00 p.m.  Children’s Hospital of Wisconsin
Thurs., Apr. 6, 6:00 – 8:00 p.m.  Children’s Health Education Center
Tues., May 23, 6:00 – 8:00 p.m.  Children’s Hospital of Wisconsin
Mon., June 12, 6:00 – 8:00 p.m.  Children’s Health Education Center
Wed., July 19, 6:00 – 8:00 p.m.  Children’s Hospital of Wisconsin
Tues., Sept. 19, 6:00 – 8:00 p.m.  Children’s Health Education Center
Thurs., Oct. 19, 6:00 – 8:00 p.m.  Children’s Hospital of Wisconsin
Mon., Nov. 13, 6:00 – 8:00 p.m.  Children’s Health Education Center
Wed., Dec. 13, 6:00 – 8:00 p.m.  Children’s Hospital of Wisconsin

To register, please contact Nicole Mueller at (414) 765-9355 or NMueller@chw.org.
Children’s Hospital of Wisconsin
2nd floor classroom
9000 West Wisconsin Avenue
Wauwatosa, WI 53226

• Take I-94 West or East to U.S. Hwy. 45 North.

• Go north on U.S. Hwy. 45 (Fond du Lac) to Watertown Plank Road (Exit 40).

• Travel east (right) on Watertown Plank Road toward hospital.

• Follow signage to north parking structure. Note: The Children’s Hospital of Wisconsin campus is under construction as we’re updating our facilities.

• Once parked in North parking structure, take the skywalk into the clinics building. Follow signage through Clinics building to the hospital, and to 2nd floor classroom.

Children’s Health Education Center
1533 RiverCenter Drive
Milwaukee, WI 53212

• 94 East to 794 (James Lovell Street exit).

• James Lovell Street (north) to Wells Street.

• Right (east) on Wells Street to Sixth Street.

• Left (north) on Sixth Street to Cherry Street.

• Right (east) on Cherry Street.

• Turn left at entrance to RiverCenter Drive (Riverfront Parking Lot).

• Proceed on RiverCenter Drive to 1533 North RiverCenter Drive (mid-building).

• Park free directly in front of the building in any area marked “RESERVED CHEC.”

* Buses and/or carpools are welcome to pull up to our front door for student drop-off and pick-up.