

Asthma Doesn't Have to Hold Your Kids Back

Salinas Valley Memorial Healthcare System
presents the 22nd Annual Asthma Day Camp

July 23-July 27, 2007

9:00am-3:00pm

Monterey Park School

Sponsored by: Salinas Valley Memorial Hospital Respiratory Care Department, with generous support from the Hospital Service League, the Children's Miracle Network and the American Lung Association.

The SVMHS Asthma Day Camp is for children who will benefit from a positive experience with outdoor physical activity, combined with practical education. The children learn about asthma; how to avoid "triggers"; about medications; breathing and relaxation exercises; nutrition; when to call a doctor; and much more.

- For children with asthma 6 to 12 years old
- \$55 fee covers 5 days
- Each camper receives a t-shirt and fanny pack
- Contact the Respiratory Care Department at 755-0782 for more information
(Monday-Friday, 8:30am-5:00pm)



MARK VELCOFF, MD

asthma **daycamp**



Salinas Valley
Memorial
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Neighbors Who Care