



*A major adult asthma education initiative by the  
American Lung Association*

## **SEEKING FACILITATORS**

- **Receive training in the *first* nationally-validated adult asthma management program.** *Breathe Well Live Well* was developed with funds from the Centers for Disease Control (CDC).
- **Empower Alaskans with asthma** by providing education on how they can **reduce the burden of their chronic disease** and **improve their overall quality of life**. Outcome measures include increased asthma knowledge and decision making skills, increased self-management self-efficacy, and reduced exacerbations of asthma.

***Breathe Well, Live Well*** will utilize the American Lung Association *Train-the-Trainer* model to disseminate the program. We currently are seeking facilitators with asthma knowledge who are able to effectively interact with and educate a variety of adult audiences. **We will provide training, materials and a \$300 stipend for trainers to facilitate this education program in their service territory. Transportation scholarships are available for trainees participating from rural Alaskan communities.** We request that you commit to teaching at least one four hour BWLW workshop in your community in exchange for this attending this training free of charge.

Please join Michelle Ferreira, MPH and Beverly Stewart, CHES, AE-C, American Lung Association Lung Health manager, in a Train-the-Trainer workshop! RSVP is required so materials may be ordered in advance. Any questions, contact **907-644-6417** or **[mferreira@aklung.org](mailto:mferreira@aklung.org)**



Training Date:

April, 2010.

Specific dates yet to be determined

Location:

Anchorage, AK