

Muenster Hospital Sponsors Better Breathers Support Group For Release Week of August 6, 2018

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Muenster Memorial Hospital has partnered with the American Lung Association to provide monthly Better Breathers Club meetings to area residents.

Meetings are held at 2 p.m. the third Wednesday of each month in the Board Room at Muenster Memorial Hospital, 605 N. Maple Street in Muenster.

The first meeting was held in May and the group has steadily grown since inception. The next meeting is scheduled August 15.

The free monthly meetings provide support, education and socialization for people with COPD and other lung diseases, as well as their families and caregivers.

The topic for the August meeting will be "Sleep Disorders", with particular attention to the use of bi-paps and c-paps. Rhonda Beam of the Denton and Cooke County Sleep Disorder Center will be the speaker.

The Better Breathers Club is an outreach program of the Pulmonary Rehab Program at MMH, but you do not have to be a rehab patient to attend. Anyone from the Cooke or Montague County area is welcome.

Light refreshments are provided.

For more information, contact Andrea Mizell, 940-759-6163.