

**1 out
of 8**

Canadian children suffer from asthma

Physical activity provides many positive health and learning benefits. Although it can be one of the most common asthma triggers, children and youth with asthma should still be encouraged to participate in fun physical activities.

Learn more about how to support children and youth with asthma to lead full, active and healthy lives.

Are you a community leader working with children and youth in a physical activity setting?

Increase your awareness and knowledge of physical activity and asthma at a **FREE** training session.

4 training sessions are available for participants across Canada:

In-person training session

1 Concorde Gate, Toronto - May 10, 2010 (10:00am - 2:00pm)

Webinar training sessions

May 27 – 10:00-11:30 EST or

May 31 – 1:00-2:30 EST or

June 9 – 2:00-3:30 EST

For more information and to register to participate, please visit www.ophea.net/asthmatraining.

For **FREE** resources from Ophea's Asthma Education Initiative, designed to increase the awareness and knowledge of asthma management, please visit www.ophea.net/asthmatraining.



Public Health School Asthma Project