



# Breathe Easy: Top Tips for Lung Health

**JOIN US **JULY 10<sup>TH</sup>** to learn about your  
lungs and ways to keep them healthy.**

Maintaining lung health is crucial for overall well-being!  
Join PMR practitioner Dr. Smith to learn how healthy lungs are  
essential for efficient oxygen exchange, which in turn  
enables us to live active, energetic lives.

**WEDNESDAY, JULY 10<sup>TH</sup>  
12:00pm – 1:00pm  
Convention Center  
Shore Room**

*Light refreshments will be provided or  
feel free to bring your own lunch!*



Hagadone Medical Clinic,  
powered by PMR Healthcare

Call 208-664-6464 | Email [pmrhagadonecda@pmrhealthcare.com](mailto:pmrhagadonecda@pmrhealthcare.com) | Web [www.pmrhagadone.com](http://www.pmrhagadone.com)  
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