

School Based Asthma Fairs

Asthma Awareness Fair Schedule of Events

We are proud to present three workshops for parents:

- Ask the Doctor: *question-and-answer session beginning every 30 minutes*
- Asthma Management: *half-hour presentation by the American Lung Association*
- Parenting Roundtable: *participatory discussion*

Children can join the games and activities in the gym; toddlers can visit our Toddler Play Room. Smiley the clown and magician will entertain us in the gym from 4:30-5:30.

Keep your ears open for the six prize drawings to be announced throughout the afternoon. Enjoy yourself!

- 3:30 Parenting Roundtable begins
Children's Activities in the gym (until 4:30)
- 3:45 Ask the Doctor session begins
Asthma Management presentation
- 4:00 Parenting Roundtable begins
First Prize Drawing
- 4:15 Ask the Doctor session begins
- 4:30 Parenting Roundtable begins
Asthma Management presentation
Clown entertainment in the gym (until 5:30)
Prize Drawing
- 4:45 Ask the Doctor session begins
- 5:00 Parenting Roundtable begins
Prize Drawing
- 5:15 Ask the Doctor session begins
Asthma Management presentation
- 5:30 Parenting Roundtable begins
Children's Activities in the gym (until 6:30)
Prize Drawing
- 5:45 Ask the Doctor session begins
- 6:00 Final Parenting Roundtable begins
Final Asthma Management presentation
Prize Drawing
- 6:15 Final Ask the Doctor session begins
- 6:30 Final Prize Drawing

Asthma Awareness Fair

Schedule of Events

WE ARE PROUD TO PRESENT THREE WORKSHOPS FOR PARENTS:

- 4pm Asthma Management: half-hour presentation by
the American Lung Association
- 4:30pm Ask the Doctor: question and answer session
- 5:00pm Parenting Roundtable

ACTIVITIES FOR CHILDREN:

- 3:45 Children can join the games and activities in the
gym
- 3:45 Toddlers can visit our Toddler Play Room
- 4:30 Daisy the clown will entertain us in the gym

Keep your ears open for the five prize drawings to be
announced throughout the afternoon. Enjoy yourself!!!

**All of these people
have asthma.
They have learned
to control their
asthma so they can
do all the things
they like to do.**

**Children, parents
& caregivers,
teachers, and
doctors can work
together to
successfully
manage asthma.**

Asthma triggers are things that make it hard for you to breathe. Know your asthma triggers.

**A charged battery means
having the energy to do
what you like to do.**

**Charge your battery and
stay healthy!**

- * eat more fresh fruits &
vegetables, less junk food**
- * get at least eight hours of
sleep every night**
- * exercise regularly**
- * stay calm & relaxed**

**Talk to teachers
and friends about
your asthma.
They can support
you and help you
stay active.**

Interested in volunteering for our Community Asthma Awareness Fair?

**Keidan Elementary School
Thursday, October 23
3:30 - 6:30 pm**

Parent volunteers are needed to assist with greeting, sign-in, security, tabling, face painting, decorating... Please sign up below!

Name

Phone

Access to a car?

We will contact you soon with more information. Thank you!

Interested in volunteering for our Community Asthma Awareness Fair?

**Schulze Elementary School
Thursday, November 6
3:30 - 6:30 pm**

Parent volunteers are needed to assist with greeting, sign-in, security, tabling, face painting, food service, decorating... Please sign up below!

Name

Phone

Access to a car?

We will contact you soon with more information. Thank you!