

Better Breathers Club



Living with a chronic lung disease can be easier. The Bradford Regional Medical Center’s “Breathe Easy” pulmonary support group will be getting a breath of fresh air and name change within next few weeks. Moving forward, the “Breathe Easy” group will be known as the American Lung Association’s “Better Breathers Club of Bradford”.

Better Breathers Clubs are welcoming support groups for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others in similar situations. In Bradford, this group is led by Registered Respiratory Therapist Amy Pascarella whom is an American Lung Association trained facilitator. These in-person adult support groups give you the tools you need to live the best quality of life you can.

Better Breathers Clubs meet regularly and feature educational presentations on a wide range of relevant topics, including:

- How COPD affects the lungs
- Breathing techniques
- Exercise
- Talking with your physician
- Medications and other treatment options
- Medical tests
- Supplemental oxygen
- Home Healthcare
- Lung transplants
- Air pollution
- Living with chronic disease
- And Much More!

You don't have to feel alone or isolated. It feels good to talk with others who understand—and that can have a positive impact on your health. Currently, meetings are held on the last Wednesday of each month at 1:30 pm at the Bradford public Library. They are free and open to those whom have any pulmonary conditions and/or their families/caregivers.

For more information, please call the BRMC Cardiopulmonary Department at 814-362-8296. Events and speakers are listed on the BRMC.com Respiratory Services web page, Bradford Regional Twitter and Facebook pages plus the Bradford Era. In order to find a Better Breathers Club near you when traveling, follow the links below or call 1-800-LUNGUSA for more information.

If you are interested in joining an online support community in addition to an in-person Better Breathers Club, visit our [Living with COPD Community](#), [Living with Lung Disease](#) and [Lung Cancer Survivors](#) on Inspire.

Pennsylvania Better Breathers Clubs

- [Better Breathers Club | Geisinger-Bloomsburg Hospital | Bloomsburg, PA](#)
- [Better Breathers Club | Bryn Mawr, PA | Bryn Mawr, PA](#)
- [Better Breathers Club, Pinnacle Health | Camp Hill, PA | January 25, 2017](#)
- [Better Breathers Club | Pocono Medical Center | East Stroudsburg, PA](#)
- [Better Breathers Club, St. Luke's Hospital - Anderson Campus | Easton, PA](#)
- [Better Breathers Club | Easton Hospital & New Eastwood Healthcare and Rehabilitation Center | Easton, PA | March 21, 2017](#)
- [Better Breathers Club, Sterling Square | Erie, PA](#)
- [Better Breathers Club, Harrisburg | Harrisburg, PA | February 22, 2017](#)
- [Better Breathers Club | River Run Rehab and Nursing Center | Kingston, PA](#)
- [Better Breathers Club | Temple Lung Center | Philadelphia, PA](#)
- [Better Breathers Club, Springfield Hospital | Springfield, PA](#)
- [Better Breathers Club, Caring Mission Home Care.TCM Home Health | Uniontown, PA](#)
- [Better Breathers Club, Centerville Clinic | Washington, PA](#)
- [Better Breathers Club, Susquehanna Health Soldiers and Sailors Memorial Hospital | Wellsboro, PA](#)
- [Better Breathers Club, John Heinz Institute | Wilkes Barre, PA](#)
- [Better Breathers Club | York, PA | York, PA](#)