

Harbor Community Clinic

Asthma Clinic

Asthma Class's

**Every Wednesday
11:30 A.M. to 12:30 P.M.**

Asthma what is it?



**593 W. 6th St.
San Pedro, CA
90731
310.547.0202**

You Can Gain Control!

- **What are triggers?**
- **Do I have trouble breathing?**
- **Do I miss work because of breathing problems?**
- **Am I using my asthma medication correctly?**
- **How do I avoid emergency room visits?**

***Ask for a schedule of upcoming topics**