

# Managing Asthma in Winter Months

**Date:** Monday, January 13, 2025

**Time:** 12–1 pm (Eastern Time)



This session aims to provide an understanding of asthma and the effect cold weather has on your asthma symptoms. We will review rescue and controller inhalers, discuss an Asthma Action Plan, and offer strategies to help reduce asthma triggers during the winter months.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code: <https://partners.zoom.us/j/85107721986>



For more information, call 617-724-7352 or email [PFLC@partners.org](mailto:PFLC@partners.org)

## Featured Speakers



**Patricia Harron, RRT**  
Respiratory Care Department



**Melissa Gormally, RRT**  
Respiratory Care Department



## Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

