



## NEWS RELEASE

For Immediate Release

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### **ASTHMA DAY CAMP ENCOURAGES KIDS TO HAVE FUN WHILE MANAGING THEIR ASTHMA**

**Boise, ID (June 25, 2007)** – St. Luke's Children's Hospital and the American Lung Association are hosting an Asthma Day Camp on Tuesday, June 26 at Municipal Park. Asthma Camp provides youth the opportunity to learn how to manage their asthma while having fun in a camp setting.

The day will be packed with a variety of activities: nature hikes, arts and crafts, games, sports, and team building exercises. Not only will kids be able to play and have fun, but at 11:30 am they will also be hosting a special guest for lunch, the City of Boise's Mayor Dave Bieter.

"Those of us who live with asthma are always eager to hear about various ways we can manage our symptoms, this camp provides a wonderful opportunity for children and parents to learn how to do just that," said Mayor of Boise Dave Bieter. "Asthma camp also reinforces the importance of our efforts to protect air quality in this area."

In addition to fun and lunch with Mayor Bieter, the kids will also receive a special presentation of *The Kids on the Block Puppet Show* from 12:30 to 1 pm. The puppet presentation addresses the issues of involvement in sports and other activities, sticking to an asthma action plan, and what some of the emotional impacts are of having asthma.

"It is important that kids with asthma learn how to identify their triggers and have a plan of action in case they have an asthma attack, especially when they are away from home," said Kimberly Tilley, RRT, St. Luke's Respiratory Therapy Educator. "It's also important that kids realize there are other kids with similar challenges, having fun in a camp setting is a great way to achieve this."

Asthma Day Camp is open to kids between 5 and 12 years old. Medical staff will be on-site to administer medication as needed throughout the day,

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