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**UPDATE: Asthma Education Classes Begin February 21, 2008**  
Free Monthly Classes Offered for the Community

**Twin Falls, ID (January 4, 2008)** – St. Luke's Magic Valley Medical Center, in conjunction with South Central District Health and the Asthma Coalition of Idaho, will be providing free asthma education classes for asthmatics, families, and caregivers of asthmatics. The purpose of this class is to help individuals living with asthma to better understand and manage their condition. Classes will be instructed by health care providers specifically trained in asthma education, and will follow guidelines set by the National Asthma Education and Prevention Program and the American Lung Association. Beginning **February 21**, the classes will be held the third Thursday of each month at St. Luke's Magic Valley Education Building: Sage Room, from 6 – 7 p.m. Topics include:

- What is asthma?
- Identifying the stages of asthma
- Asthma management
- Skills on using asthma medications and delivery systems

For more information and to pre-register, call 737-2007.

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