

# COPD Support Group

Trouble Concentrating

Chest Tightness

Loss of interest in  
once enjoyable  
activities

Trouble with Sleep



Shortness of Breath

Easily Irritable

Increased or  
Decreased Appetite

Low Energy

Do you feel as though an elephant is sitting on your chest?

Join us for a free workshop in the Grizzly Education Center  
1921 Main Street in Alamosa

Learn about:

- Techniques to manage your COPD symptoms
- Differences between panic attacks and chronic COPD
- Resources and information

To join the group or get more information call  
Laura Burkhart at 719-589-8123

Organized by SLV Health  
Behavioral Health Department

For more information:  
Contact us at (719) 589-8008

