**Live your best life**

**with sarcoidosis.**

The American Lung Association’s Better Breathers Clubs are welcoming support groups for patients and caregivers affected by chronic lung diseases including COPD, sarcoidosis, pulmonary fibrosis, and many others. Led by a trained facilitator, these free in-person support groups give you the tools you need to live the best life you can while getting support from others experiencing similar challenges.

Better Breathers Clubs feature educational presentations on a wide range of relevant topics, including:

* Medical tests & how to get the most out of your doctors’ visits
* Exercise & pulmonary rehabilitation
* Supplemental oxygen & breathing techniques
* Addressing depression and anxiety while living with chronic lung disease

**Attend a Better Breathers Club Meeting  
Day of the Week (plural) at XX a.m./p.m.**

**Location at Address**

Sign up for a Better Breathers Club near you at [Lung.org/better-breathers](http://www.lung.org/better-breathers) or call (XXX) XXX-XXXX or email address@address.com to RSVP.

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**1-800-LUNGUSA | Lung.org/better-breathers**

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