FREE

COPD Education Class

Grayson County Health Department
Potentially Preventable Hospitalizations Program (PPH)

More about COPD

- COPD includes **chronic bronchitis** or **emphysema**
- It is a chronic, but **preventable** lung disease characterized by persistent airflow limitation that makes it difficult to breathe.

Most people with COPD start to experience COPD symptoms in their 40s

COPD SYMPTOMS

Dyspnea (shortness of breath), especially with exertion; such as exercising, climbing stairs, or walking

Wheezing and chest tightness

Persistent cough that brings up mucus

Partnership for a healthier Grayson County

Potentially Preventable Hospitalizations

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Contact us today for more information and to register for one of our free classes.
***Pre-registration is required**