



15th Annual Family Asthma & Allergy Education Day

2010



March 6, 2010
Shawnee Mission West High School
Shawnee Mission, KS

Shawnee Mission West High School
8800 W 85th St.
Overland Park, KS 66212



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presented by  Asthma and Allergy
Foundation of America®
GREATER KANSAS CITY CHAPTER

Family Asthma & Allergy Education Day is an interactive opportunity for families and individuals to learn about asthma and allergies and how to control its affects on their lives. Each adult will choose from a variety of topical classes to attend. Separate classes will be held for preschool through 6th grade which teach children the fundamentals of asthma and allergy treatment, while having fun. All classes are led by area healthcare professionals.



Adult Class Topics

Medications - Find out all you wanted to know about the medications you take, what they do and how they interact.

Living with Food Allergies - How to deal with any situation, from school to dining out. Recipe ideas and resources galore.

Reflux, Sinusitis & More - You have asthma, but you don't have allergies; then this class is for you. Learn how to control the non-allergic triggers around you.

Allergic Triggers, What's Bugging You! - Pollen, food or environmental allergies flaring your asthma? Take this class and take control.

Nutrition - Learn about general nutrition and how *what* you eat affects your health.

Have an Epinephrine Emergency? - Learn about what anaphylaxis is and who should be concerned.

Asthma & Exercise, A Winning Team - Don't be left on the sidelines! Learn how to stay active and in control.

Environmental Control in Your Home - Learn about the best methods to keep your home allergy free.

Asthma in Preschoolers & Children - How do you know when your toddler or preschooler needs a breathing treatment? Learn tips on how to manage asthma in small and school-aged children.

Asthma Goes to School - It's time to send your child off to school. What do you need to know before they go.

What's New in Asthma & Allergy Care - Find out about the newest treatments and what's coming soon.

Creating an Action Plan & Using a Peak Flow Meter - Do you know what to do if your peak flow drops into the yellow or red zones? Learn how to use a peak flow meter and take a free one home with you.



Schedule for the Day

- 8:30-9:00 Registration
- 9:05-9:40 Session 1
- 9:40-10:15 Session 2
- 10:15-10:55 Session 3
- 11:00-11:35 Session 4
- 11:40-12:15 Session 5

Visit Exhibits

Please note that the sessions begin promptly at 9:05 AM, so please plan to be at the facility between 8:30 and 8:55 AM to ensure that you do not miss any important information.

The adults will be given the opportunity to choose 5 different group sessions to attend. We hope to be able to give you your top five choices. Priority to class choice is given on a first-register, first-serve basis. Also, the number of nursery, preschoolers, children and adolescents is limited by our space, so please send in your registration as soon as possible to ensure full family participation!

Registration Form

Adult Name(s) _____
Last First

Last First

Address _____

City _____ State _____

Zip _____ Phone () _____

Email _____

Adults: List your top 6 choices with 1 being your favorite.

Adult 1 Adult 2

- _____ **Medications**
- _____ **Living with Food Allergies**
- _____ **Reflux, Sinusitis & More**
- _____ **Allergic Triggers, What's Bugging You!**
- _____ **Nutrition**
- _____ **Have an Epinephrine Emergency?**
- _____ **Asthma & Exercise, A Winning Team**
- _____ **Environmental Control in Your Home**
- _____ **Asthma in Preschoolers & Children**
- _____ **Asthma Goes to School**
- _____ **What's New in Asthma & Allergy Care**
- _____ **Creating an Action Plan & Using a Peak Flow Meter**

The cost of registration is \$5.00 for a single person or \$15 for a family of 3 or more.

_____ Enclosed is my check for \$ _____

_____ I am requesting a scholarship

Child 1 Name _____ Age _____ Grade _____

Child 2 Name _____ Age _____ Grade _____

Child 3 Name _____ Age _____ Grade _____

Child 4 Name _____ Age _____ Grade _____

Child 5 Name _____ Age _____ Grade _____

How did you hear about this program?

Please send this completed form to:

AAFA, KC Chapter
 400 E Red Bridge Rd, Suite 214
 Kansas City, MO 64131