



# NEWS



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FOR IMMEDIATE RELEASE  
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## **Kickin' Asthma with the McLean County Health Department**

*Four session program offered in June to youth ages 11 – 16*

**BLOOMINGTON, IL-** Beginning Tuesday June 7<sup>th</sup> and continuing every Tuesday in June, the McLean County Health Department invites youth with asthma who are between the ages 11 and 16 to join them for a FREE four-part program called, Kickin' Asthma. With the support of the Boys and Girls Clubs of Bloomington-Normal, the program will be held from 1 p.m. until 2 p.m. at The Club at BJHS (Bloomington Junior High School). The goal of the program is to help participants better understand asthma physiology and asthma self-management techniques to assist them in learning to manage their asthma on their own. Families are welcome and encouraged to attend with their participating child; however, family attendance isn't required.

Every registered participant who attends all four sessions will receive a hypoallergenic pillow, a peak flow meter, and a spacer for their inhaler. To register, contact Katie McHugh at the McLean County Health Department at (309) 888-5954 or [katie.mchugh@mcleancountyil.gov](mailto:katie.mchugh@mcleancountyil.gov).

For more information about asthma, visit the health department's website at: <http://health.mcleancountyil.gov>.

The McLean County Health Department is dedicated to the prevention and control of disease through health promotion, early intervention and health protection within the county. Follow us on Twitter (@McLeanHealth) and "Like" us on Facebook (Facebook.com/McLeanHealth), for information about public health affecting you.

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