



Sample Yearly Calendar

Month	Topic	Learner Outcomes (At the end of this session, members will be able to...)	Speaker
Jan	The ABCs of COPD	Describe how COPD affects the lungs Explain the symptoms of COPD	RRT
Feb	Breathing Techniques	Demonstrate purse-lipped breathing Identify ways to control anxiety	RRT
Mar	Exercise	Describe the importance of exercise for the lung patient Practice exercises for aerobic conditioning	Pulmonary Rehab Coordinator
Apr	Low Impact Hobbies	Identify strategies to conserve energy while pursuing your favorite activities List sources of adaptive tools for gardening and other hobbies	Occupational Therapist
May	Communicating with Your Physician	Identify key symptoms to report to the doctor Give examples of questions to ask a physician	Hospital Social Worker
Jun	Ask the Doctor	Express concerns and ask questions of a pulmonologist Explain how to get the best care possible	Pulmonologist
Jul	Medications	Describe how to use antibiotics effectively Demonstrate how to use medical devices (inhalers, spacers, etc.) correctly	Pharmacist
Aug	What the American Lung Association Can Do For You	Describe how the American Lung Association's services can be of benefit Identify ways to advocate for lung health	American Lung Association Staff
Sep	Understanding IPF	Identify signs and symptoms of IPF Describe diagnosis and treatment of IPF	Pulmonologist
Oct	Flu Season Do's & Don'ts	Identify symptoms of the flu List ways to avoid the flu	Physician/Public Health Nurse
Nov	Emergencies & Exacerbations	Recognize an emergency and know when to call 9-1-1 Identify symptoms that lead to exacerbations	Nurse Practitioner
Dec	Holistic Health & Holiday Party	Discuss how the mind affects the body Demonstrate relaxation techniques	Massage Therapist