

## **AGE HEALTHIER, BREATHE EASIER PROGRAM ANNOUNCED**

Did you know that environmental hazards can make it harder to breathe for those who suffer from Chronic Obstructive Pulmonary Disease (COPD) or asthma? The Clearfield County Area Agency on Aging PrimeTime Health Program will be presenting the program, “Age Healthier, Breathe Easier”, during the month of August. Useful tips will be offered on controlling environmental factors that can worsen these conditions.

The schedule for these PrimeTime Health sessions is as follows: Clearfield Center for Active Living, Wednesday, August 1, at 11:00 am; Mahaffey Center for Active Living, Thursday, August 2, at 11:00 am; Coalport Center for Active Living, Monday, August 6, at 12:30 pm; Kylertown Center for Active Living, Thursday, August 9, at 11:00 am; Karthaus Center for Active Living, Thursday, August 9, at 12:30 pm; DuBois Senior and Community Center, Friday, August 10, at 11:30 am; and Houtzdale Family Service Center, Tuesday, August 14, at 11:30 am.

Individuals who are 50 years of age or older will find this program to be useful and are encouraged to attend. Those individuals who are interested in eating lunch at a center are asked to call at least one day before the date of the program to make their reservation. Any individual over the age of 60 may reserve a lunch and contribute to the cost of the meal on a donation basis. Anyone under 60 will be asked to contribute \$3.00 towards the cost of the meal.