



Get connected.... The first step in living with lung disease means learning about lung disease. These support groups meet regularly to learn about tips and techniques to better manage their disease. Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease.

COLORADO SPRINGS

BREATH OF LIFE Joan Bryant-Kennedy or Amy Vogt at Memorial Health System – 719-365-5924. Held at the Senior Center 1514 N. Hancock, 4th Thursday of each month 5-7pm

Pikes Peak Alpha Beaters Alpha1 Association Support Group—Contact: Dorothy M. Roberts 719-948-9848. Pueblo Holly Reynolds 719-471-4077 Colorado Springs Held at Perkins Restaurant, 3295 E. Platte Ave., Last Monday of each month at 1:00 p.m.

NEW....Southern Colorado Pulmonary Hypertension Support Group, contact Lindsay Collins 720-297-4626

DENVER METRO AREA

Alpha Beaters -The Alpha 1 Association Support Group, National Jewish Janis Berend, RN,MSN,C-ANP @ 303-398-1858

AIR FORCE Support Group-Rose Medical Center, 4567 East 9th Avenue . 303-320-2272

UCH "Buff Breathers" 12401E. 17th Avenue Aurora, CO 80045 720-848-7560

Catch your Breath, Saint Joseph Hospital (1835 Franklin St, Denver CO), 3rd Thursday/ month, 11:00 AM (pot luck lunch) Tammy Mongert 303-837-7759

EZ Breathers -Exempla Lutheran Medical Center, Pulmonary Rehabilitation, 3rd Friday, 9830 I-70 Frontage Road South, Wheat Ridge, Co. 80033, 303-467-4122

Mile High Air Seekers, Spalding Rehab Hospital (900 Potomac Street - between 6th & Colfax), 1st Tue/month, Contact: Melanie Trent RT 303-363-5116

Wheat Ridge Pulmonary Fibrosis Support Group Meetings are the last Tuesday of the month 2:00-3:30pm Exempla Lutheran Rehabilitation Center Conference Room 9830 I-70 Frontage Road South, Wheat Ridge, CO 303-467-4122

A.W.A.K.E. Support Group (Sleep disorders) 303-425-8574 Exempla Lutheran-- First Thursday of every other month Feb-Dec.

Rocky Mountain Pulmonary Hypertension Support Group Second Sunday of every other month Jan-Nov 303-637-0578, Barb Nickels

LONGMONT

Easy Breathers—Longmont United Hospital 2nd Wednesday 4:30-5:30 PM Contact: Laura Wesenberg 303-651-5123

PUEBLO

Better Breathers/AlphaBeaters—the Alpha1 Association Support Group AARP - 1117 S. Prairie Ave., Pueblo, 3rd Tuesday Contact: Dorothy Roberts—719-948-9848

Interested in starting your own Better Breathers club?

E-mail lungdisease@lungcolorado.org or call (303) 388-4327 or 1-800-LUNGUSA for a Better Breathers implementation toolkit.