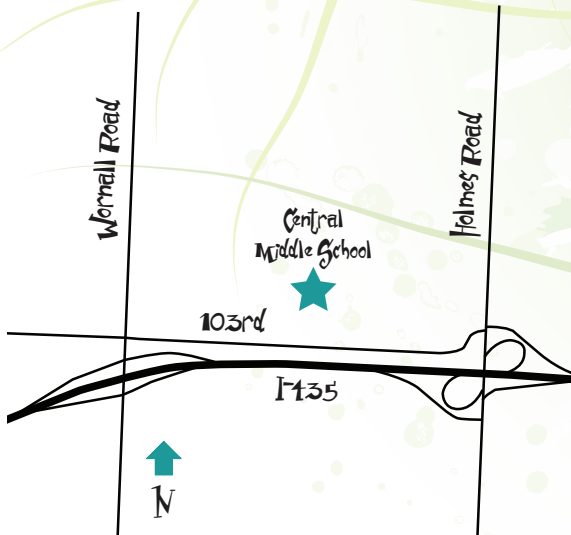




Center Middle School
326 E 103rd Street
Kansas City, MO 64114



16th Annual Family Asthma & Allergy Education Day

2011



New Sessions Offered!
Saturday, March 5, 2011
Center Middle School
Kansas City, MO

www.aafakc.org
888-542-8252
816-333-6608

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.

Managing Food Allergies & Nutrition - How to deal with any situation, from school to dining out. Recipe ideas and resources galore. Also learn about general nutrition, how it relates to food allergies, and how what you eat affects your health.

Non-allergic Triggers of Asthma - 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.

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. *Also great for coaches and physical education instructors!*

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 at home and school.

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

Smoking Cessation - Discover what it takes to QUIT! Learn about behavior modification techniques, coping skills, social support networks, weight and stress management.

Allergies, Asthma & Vitamin D - Can your Vitamin D level affect your allergies and asthma?

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



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
- _____ Managing Food Allergies & Nutrition
- _____ Non-allergic Triggers of Asthma
- _____ Have an Epinephrine Emergency?
- _____ Asthma & Exercise, A Winning Team
- _____ Environmental Control in Your Home
- _____ Asthma in Preschoolers & Children
- _____ Allergic Triggers, What's Bugging You!
- _____ Smoking Cessation
- _____ Allergies, Asthma and Vitamin D
- _____ What's New in Asthma & Allergy Care

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**