I use my Ventolin when my Fitbit tells me my heart rate is over 100.

I learnt about asthma from my family.

I worry about not being able to control my symptoms.

I would like some written information about how to manage my asthma.

"A fantastic opportunity to meet and talk to other people with asthma and share experiences."

"I feel this is an essential education programme and should be available to all people diagnosed with asthma."

IMPROVED UNDERSTANDING

CONFIDENCE

EMPOWERMENT

HAPPY