

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Inspirations, Respiratory Education

Date and Time

Tuesday 1/23/2018 12:00 to 1:00pm

Event URL

<https://www.sentara.com/charlottesville-virginia/classesevents.aspx>

Event Region

Charlottesville Area

Event Type

Class

RSVP Info

434-654-4510

Event Cost

\$0.00

Event Description

Sentara Martha Jefferson Hospital offers Inspirations. The class is taught by respiratory therapists. The educational program helps individuals with chronic respiratory problems understand, control and copy with their lung condition. The program includes four, one-hour sessions. Will meet January 23 and 25, 2018 from 1-2 pm.

For more information, please call 434-654-4510.