



What the ALSAA Program Can Do for YOU!!!

Free Asthma Services and Educational Resources
from the City of Long Beach Department of Health and Human Services



Asthma Life Skills Academy for Adults (ALSAA)

The Asthma Life Skills Academy for Adults is a program for adults living with asthma that are affected by port related air pollution. The Academy incorporates the following services:

- In-home asthma case management visits that include one-on-one education on asthma.
- The Empowered Patient where participants will complete and personalize the following tools:
 - Asthma Action Plan Development
 - Bill of Rights for asthma patients
- Quarterly seminars throughout Long Beach that will teach you about:
 - Proper Breathing techniques
 - Fun and simple yoga and meditation exercises
 - Free book on how to reduce stress: *Stress Free for Good*
 - Tobacco education/stop smoking resources and Healthy Active living

Community Workshops

As part of our community education and outreach, ALSAA will conduct community workshops to engage and connect Long Beach residents to available asthma and air pollution resources. These workshops provide an opportunity for those who are not enrolled in the in-home case management program to learn more about asthma, asthma triggers, air pollution, and its health effects. The workshop provides information about:

- Indoor and outdoor air quality issues
- The 7 Principles of a Healthy Home
- Non-toxic cleaning agents and methods
- Basic information about asthma and allergies



Air Pollution Bus Pass Program

In an effort to help the community learn about air pollution and its effects, we have created a short online training session to help the community be a part of the solution to air pollution. After completing this training, a free 30 day bus pass is awarded to the participant.

For more information, please call:

The ALSAA Program @ 562-570-4132

www.longbeach.gov/health/eh/hhd.asp

The Asthma Life Skills Academy for Adults (ALSAA) is funded by the Port of Long Beach Mitigation Grants Program and focuses on Adults and Seniors with Asthma in the Long Beach Community.