



**Alameda Alliance for Health**

1240 South Loop Road  
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments  
(CRS/TTY): **711/1.800.735.2929**

**livehealthy@alamedaalliance.org**

**www.alamedaalliance.org**

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **asthma** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

**Disease Self-management Program**

**Asthma Start Program**

**Alameda County Public Health Department**

In-home education about asthma for members 18 years of age and under. (English, Spanish, and interpreters offered.)

All Alameda County (In-person, online)

Phone Number: **1.510.383.5181**

**www.acphd.org/asthma**

**Online Class**

**Asthma Basics**

**American Lung Association**

Self-paced online learning module. (English, Spanish)

English: **lung.training/courses/asthma\_basics.html**

Spanish: **lung.training/courses/asthma\_basics-es.html**

**Phone Support**

**Lung HelpLine**

**American Lung Association**

Connect to resources, education, and counseling on a range of lung health and disease topics. Education series offered for asthma and chronic obstructive pulmonary disease (COPD). Visit the website or call to sign up. (English, Spanish, and interpreters offered.)

6-week education series, 15-20 minutes per call

Toll-Free: **1.800.548.8252**

**www.lung.org/helpline**

## Support Groups

### **Better Breathing for Life Club**

#### **Washington Hospital - Pulmonary Rehab and Pulmonary Function Lab**

This is for people with chronic asthma, COPD, emphysema, and other lung diseases. Family and friends are welcome.

2500 Mowry Ave., Fremont (Online)

Drop-in Class: 4<sup>th</sup> Wednesday of each month, 12:45 pm – 2:45 pm

*(No meetings in November or December)*

Phone Number: **1.510.818.7025**

**[www.whhs.com/about-us/community-connection/support-groups](http://www.whhs.com/about-us/community-connection/support-groups)**

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

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We hope these classes will help meet your health needs.

Best of Health,  
Alliance Health Programs

#### **Enclosed:**

- Notice of Nondiscrimination
- Language Assistance Services

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[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]