

# UNDERSTANDING YOUR CHILD'S ASTHMA

*Your child's asthma can be controlled!*

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • DEPARTMENTS OF HEALTH EDUCATION AND PEDIATRICS



## Begin to learn how to better manage your child's asthma!

- What is asthma?
- What triggers asthma?
- How to identify and anticipate problems
- Skills training in the use of equipment and asthma medications
- How to monitor and manage symptoms

Frequent Classes Offered  
For Parents of  
Children and Teens

Classes in Spanish Offered  
1st Thursday  
of Each Month at Hayward

### HAYWARD

#### **DAYS & TIMES:**

Wednesdays 7 to 9 p.m.

#### **LOCATION:**

Sleepy Hollow Building

#### **TO ENROLL:**

Call Pediatrics 675-4050

or

Health Education 784-4531

### FREMONT

#### **DAYS & TIMES:**

3rd Thursday of every month  
7 to 9 p.m.

#### **LOCATION:**

Niles Building

#### **TO ENROLL:**

Call Pediatrics 795-3050

or

Health Education 248-3455

#### **FEE:**

No charge  
(for members only)



KAISER PERMANENTE®

# Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:  
members.kp.org  
fremont.kp.org  
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

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## Visit KP.ORG

**Register today for a healthier way of life.  
It's secure. Convenient. Free.**

- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

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## LOCATIONS

Location: **Hayward Health Education Center**  
27400 Hesperian Boulevard  
2nd Floor of the Main Medical Building  
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.  
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen  
Pediatric Health Education Desk**  
27303 Sleepy Hollow Avenue  
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**  
3553 Whipple Rd.  
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**  
39400 Paseo Padre Parkway  
Niles Building, 1st Floor  
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455