



BREATHE  
SOUTHERN CALIFORNIA

# Breathe Easier™

## Lung Cancer Workshop



### About this Class:

Breathe Southern California's Breathe Easier™ offers adults and seniors essential lung health and wellness information. The workshop focuses on lung cancer prevention, the importance of screenings, how to reduce the risks, how to recognize symptoms, and the resources available.

### Workshop Details:

**Thursday, January 23, 2025**

Workshop: 12:00 pm - 1:00 pm

Lung Screenings: 1:00 pm - 2:00 pm

**Westchester Senior Citizen Center**



8740 Lincoln Blvd. Los Angeles, CA 90045


### PROGRAM'S GOAL:

- Increase knowledge of how to identify risk factors, and symptoms of lung cancer.
- Increase screening for all populations, especially those at risk.
- Increase the use of resources aimed at reducing lung cancer outcomes.
- Promote smoking cessation for current smokers.

### CONTACT US FOR MORE INFORMATION:

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