



YOU'RE INVITED

Better Breathers Club

First Support Group & Introduction

Saturday, November 14, 2026

2:30-3:30 PM

Caz Library Conference Room

FREE & OPEN TO THE PUBLIC

**Stop in for 10 minutes or stay for the hour.
We would love to see you!**

Educational support and connection for people living
with chronic lung conditions, families, and caregivers.

Hosted by Leonila "Lily" Diaz

Certified Better Breathers Club Facilitator

through the American Lung Association

Owner of Helping Others Home Care LLC

Questions? Call 315-630-3378

HelpingOthersServices.org