Healthy lungs are necessary for a healthy body. The American Lung Association estimates that a healthy adult takes 20,000 breaths a day. Each breath filters air and transfers oxygen through the bloodstream to keep organs, joints, muscles and bones strong.

While smoking causes the vast majority of lung cancer cases, some people who never have smoked or had prolonged exposure to secondhand smoke still get lung cancer. Conditions such as asthma can be brought on or triggered by use of tobacco or secondhand smoke, but asthma can also impact those with no exposure to smoke. What about e-cigarettes? How do they impact lung health?

Join the UCR Faculty and Staff Wellness Program and Dr. Maegan Dupper, from the UCR School of Medicine to learn how to maintain lung health throughout your life.

For more information contact:

Julie Chobdee, MPH
Wellness Program Coordinator
e-mail: julie.chobdee@ucr.edu
voice: (951) 827-1488

Leanna Bowles, MS, PHR
Wellness Program Specialist
e-mail: leanna.bowles@ucr.edu
voice: (951) 827-1440

To enroll, visit www.ucrlearning.ucr.edu