



The US COPD Coalition Presents:

Coping With Stress in Difficult Times

Join us for this **FREE** online seminar

- Having Chronic Obstructive Pulmonary Disease is stressful. This is especially true during the COVID-19 pandemic. The U.S. COPD Coalition is pleased to present "Coping with Stress in Difficult Times", featuring Arpi Minassian, Ph.D., a clinical psychologist and an attending clinician in the UC San Diego Health System. During the webinar, Dr. Minassian will help you learn more about stress and where it comes from, as well as how to recognize signs of stress and anxiety. She will discuss tips for how to cope with emotional distress related to chronic medical conditions as well as the difficult times we are all facing.
- Written questions posed during the webinar will be answered during webinar or printed in Q&A format and posted online following the webinar.
- This webinar is the first of a two-part series that the US COPD Coalition is hosting to help our COPD patients during the pandemic.

Wednesday, June 24, 2020 ~ 3:00 - 4:00 pm Eastern

Register at:

<https://register.gotowebinar.com/register/6895547998726072333>

You will receive written confirmation after registering.

FOR MORE INFORMATION CONTACT:

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