

Running Into Breathing Problems ... when you exercise?



- Shortness of breath
- Wheezing or noisy breathing
- Coughing
- Trouble getting a breath
- Chest tightness
- Unusual fatigue



You might have exercise-induced bronchoconstriction or EIB — even if you don't have asthma.

Attend a free screening and learn how to exercise control and find relief.
Visit www.AllergyAndAsthmaRelief.org to learn more.