

Join Us for the COPD Support Group

Every Third Monday of the Month 4:30-5:30 pm

Hilo Medical Center's Learning Center on the Second Floor

For more information about the COPD Support Group, contact Elena Cabatu at 932-3160 or ecabatu@hhsc.org.

Hilo Medical Center's COPD Support Group welcomes people living with COPD and their caregivers.

The group began when Lori Thompson says, "I realized that I didn't want to be stuck at home with COPD and I got inspired to meet others so we could encourage each other to continue living. Then I called Hilo Medical Center to inquire about starting a support group."

The COPD Support Group addresses a variety of topics, including medications, exercise, diet, and therapy and features a variety of guest speakers.

Members also discuss victories in living with COPD. They share life hacks like how to have a hot shower and not feel like drowning. They also provide emotional support for one another on feelings of loneliness, isolation and anxiety.

If you or someone you know would like to attend or get more information about the COPD Support Group, contact Elena Cabatu at 932-3160 or ecabatu@hhsc.org.

