

# Functional Tip

*with the Area Agency on Aging District 7 and the  
Shawnee State University Occupational Therapy Program*



Living with breathing problems, such as COPD, can be a challenge. Learning how to manage fatigue and conserve energy can help you with the daily activities you want and need to do.

*Learn more by watching a recorded version of  
our "Functional Fridays" broadcast on the  
Area Agency on Aging District 7  
Facebook page or [www.aaa7.org](http://www.aaa7.org).*

