

# BREATHING SPACE

Summer 2025

From exciting projects to key milestones, clean air and healthy lungs remain at the forefront of BC Lung's work. I am thrilled with the progress over the past few months and the connections and collaborations that continue to propel our mission forward. At BC Lung, we've taken actionable steps to expand our reach, elevate our initiatives, and increase our impact to help British Columbians breathe easier. BC Lung's programs are made possible through the generosity of our donors, creating more opportunities for kids to learn about their asthma, for COPD patients to strengthen their lungs, and for communities to stay safe during wildfire season. Your contributions truly make a difference to the 1 in 5 British Columbians living with lung disease.



Christopher Lam, President & CEO  
BC Lung Foundation



Want to learn more about what the BC Lung Foundation accomplished in 2024? Download our [2024 Impact Report](#) at [bclung.ca/about](https://bclung.ca/about)



# Asthma education CAMP

## Asthma Education Camps 2025

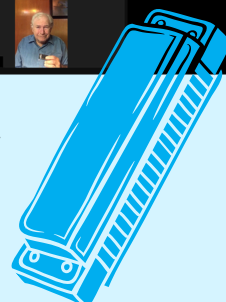
BC Lung Foundation's Asthma Education Camp offers a fun, educational setting for children ages 8-10 (with physician-diagnosed asthma) to learn about their asthma and enhance their management

skills from certified asthma educators. Our \$1000 travel subsidies allow children from across the province to access this invaluable learning opportunity! We have 2 camps available Summer 2025.

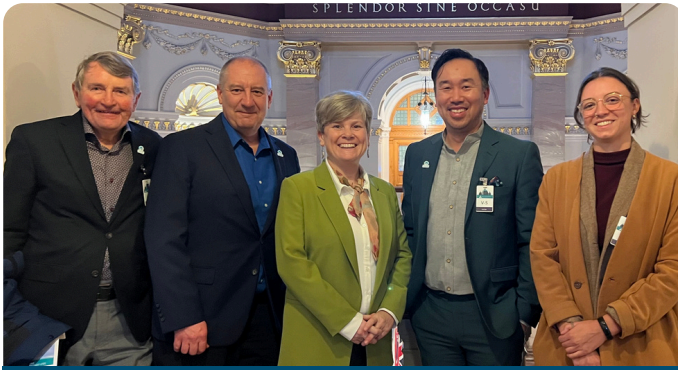
Learn more at [bclung.ca/asthmacamp](https://bclung.ca/asthmacamp)

## Harmonicas for Health... and Happiness

Improve your breathing while learning a fun musical instrument! Developed by the COPD Foundation, funded by the BC Lung Foundation, and brought to you by Poplar Pulmonary Wellness, the Harmonicas for Health & Happiness program offers a free, 5-week, online program for adults living with a chronic lung condition to strengthen lungs and improve breathing control by playing the harmonica!



*"This program was so much fun. Also very helpful for my breathing issues. Glad I found it." - Paula*



## Lobby Day 2025 in Victoria

In March 2025, BC Lung met with MLAs from across the province to discuss Smoke-Free Generation, Carter's Project, and other lung health initiatives. We look forward to continuing this important work and collaborating with the provincial government to improve lung health for all British Columbians!

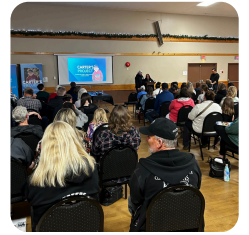
Learn more about Smoke-Free Generation and protecting youth of the future from the dangers of smoking and vaping:

[bclung.ca/smokefreegeneration](https://bclung.ca/smokefreegeneration)



## CARTER'S PROJECT

Carter's Project is an initiative in honour of Carter Vigh, which funds the free distribution of air quality monitors throughout British Columbia. Through community engagement, the project aims to increase awareness of air quality monitoring and educate communities about air quality and its effects. Last year, BC Lung brought 100 air quality monitors and 50 DIY air cleaners to 100 Mile House as a part of Carter's Project. With two new locations planned for 2025, BC Lung is excited to continue Carter's legacy and bring the project to other communities in need in BC.







## ex-able

The ex-able program is an app-based therapeutic platform that allows COPD patients to manage their exercise regimen safely at home. Patients are assessed and offered personalized support, as well as one-on-one appointments with registered healthcare professionals from the comfort of home. We are excited to be rolling out the ex-able program through Interior Health in the coming months to expand the reach of this innovative program!

## Breathe Easy

Don't forget about BC Lung's donor loyalty program – Breathe Easy! Any donations made to BC Lung are a part of your donation total. Redeem for impactful rewards that connect you to BC Lung's programs and initiatives including:



| Level 1: \$100  | Level 2: \$250  | Level 3: \$500  | Level 4: \$1000   |
|---|---|---|---|
|  |  |  |  |
| Matching Gift (\$)  | Golf Savings Book   | AQ Monitor or Radon Kit   | 2 tickets to Wonder   |

All rewards are donated by sponsors and are no cost to BC Lung. Learn more at [bclung.ca/breathe-easy](https://bclung.ca/breathe-easy)



### airwaves & airways

Join BC Lung for Airwaves & Airways, a monthly podcast for everything lung health! Featuring researchers, doctors, and experts, we address misconceptions, explore new health breakthroughs, and discuss the innerworkings of one of our body's most vital organs.

Learn more at [bclung.ca/podcast](https://bclung.ca/podcast)



Get ready for The Ride on **August 9th, 2025!**  
Choose from 50km/100km/150km routes.  
Register today at [bclungride.ca](https://bclungride.ca)

## Become a Local Director with BC Lung!

Are you passionate about lung health and want to make a difference in your community? Consider joining BC Lung as a Local Director! Email [info@bclung.ca](mailto:info@bclung.ca) for more information.