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### Talking with Tramaïne Archives Available

**October 09th 2019: Lung Health - Take a Breather**

Many people may not think too much about the significance of their lungs until they find it difficult to breathe or until their lungs become damaged. No worries, that can be changed! Let's be intentional about being PROactive instead of REactive. Just as it is important that our hearts and kidneys are in good working order, it's just as vital that our lungs are at it's best as well. October is lung health month and in this show we will talk about the importance of keeping the lungs strong. We will also discuss some of the potential consequences of not taking care of our lungs. During this show

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