Camp Catch-Ya-Breath is a weekend camp that helps children, age 7 – 13, learn about their asthma and how to control it. Respiratory therapists, physicians, and nurses teach children about asthma, avoiding triggers, how to take medications properly and how to follow an asthma action plan. This fun-filled weekend is packed with activities such as swimming, nature hikes and crafts...all under the guidance of qualified medical personnel to ensure a safe and enjoyable environment.

The objective of Camp Catch-Ya-Breath is to help children with asthma take control and live life to its fullest. Through education and mentoring, camp staff provides children with the tools necessary to manage asthma symptoms. Specially trained respiratory therapists, physicians, and nurses provide medical supervision while also providing a fun environment for learning about asthma.

Established in 2012 through a partnership between the University of Missouri Respiratory Therapy Program and Washington County Memorial Hospital in Potosi, Missouri, Camp Catch-Ya-Breath is free for children with moderate to severe persistent asthma. The generosity of our sponsors allows us to eliminate the financial burden of this experience so that all children with asthma may participate.

Additional information and Applications are available on our website: https://healthprofessions.missouri.edu/respiratory-therapy/community-outreach/camp-catch-ya-breath/

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