



ALA Freedom From Smoking Workshop

Are you ready to take the first step towards becoming smoke-free? If so, attend The American Lung Association Freedom from Smoking Workshop! This workshop will help you learn how to overcome your tobacco addiction so you can enjoy the benefits of better health, extra money in your pocket and healthier relationships. Ongoing support and counseling are vital if participants are going to be successful in maintaining their freedom from smoking.

For those who are not ready to quit right now, Garnet Health will be offering the Freedom from Smoking Workshop multiple times throughout the year as a commitment to your health. This class is open to all community members looking to make the change and quit smoking, as well as those who have already taken the course but could use a refresher.

By participating in this workshop, you'll learn about:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for your Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good

**Join us for a virtual
7-week session**

Cost: \$25

To sign up for a workshop session, visit garnethealth.org/events to check out upcoming dates.



For more information about this class,
please email breathingbetter@garnethealth.org.
Enrollment is confidential.

garnethealth.org/events