

You can quit smoking. We can help.

Join the American Lung Association's eight-week quit smoking program, conveniently held at the

Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smokefree for good

Freedom From Smoking Group Quit Program

Visit Lung.org/ffs for more information about the program or our online Freedom From Smoking® Plus if a Group Clinic isn't right for your quit.



Session Dates and Times

Session Name	Date	Time
Session 1: Thinking About Quitting		
Session 2: On the Road to Freedom		
Session 3: Wanting to Quit		
Session 4: Quit Day		
Session 5: Winning Strategies		
Session 6: The New You		
Session 7: Staying Off		
Session 8: Celebration		

Location: _____

Facilitator: _____

Contact Information: _____

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