

Freedom From Smoking®

Addiction can be broken. Even if you quit smoking and started again, Freedom From Smoking can help you.

Are you ready to take that first step?

The American Lung Association's Freedom From Smoking® Clinic has been designed for people like you who want help to quit smoking. Quitting smoking is hard, and Freedom From Smoking can help make that process easier.

Motivation, support, encouragement...

Freedom From Smoking is a seven week clinic led by a certified facilitator who understands what you are going through.

Each session lasts 60-75 minutes depending on the size of the group. A supportive group setting encourages you to work on the process and problems of quitting not alone, but together.

Finally, a positive approach

Unlike other programs, Freedom From Smoking takes a positive approach to quitting smoking--no scare tactics or models of "dirty lungs." You'll learn how to take control of your health and well-being.

The program helps you prepare to quit smoking, helps you take the actual steps and teaches you how to maintain your new, nonsmoking lifestyle.

Materials

You will receive a wealth of support materials at each session including worksheets, self-assessments, up-to-date information and research, a certificate upon completion, a relaxation CD and much, much more.

What Freedom From Smoking® Participants Say

"Freedom From Smoking gave me the determination to finally break my addiction."

"The group magic was incredible. It helps knowing that everyone is going through the same process and understands."

For more information, contact:

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**Addiction
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