



**You can quit smoking.
We can help.**

Join the American Lung Association's seven-week quit smoking program, conveniently held at the **Community Room of Park Hill Manor, Wellsboro, PA**. Hundreds of thousands of people have become smoke-free through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

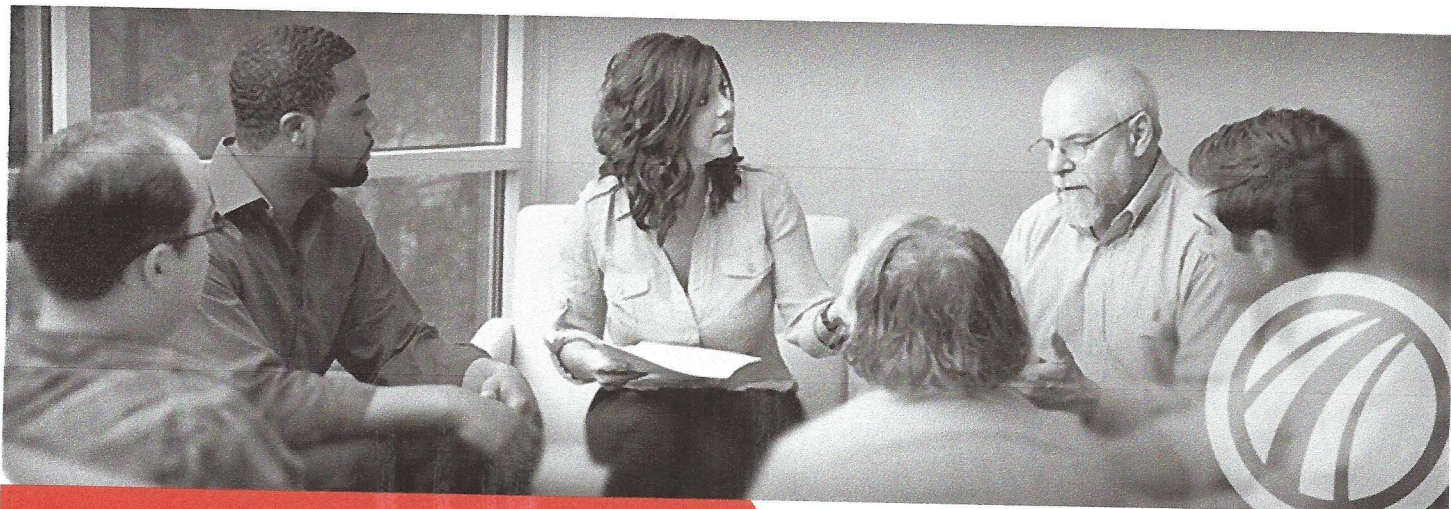
Overseen by a certified facilitator, you will learn:

- 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 smoke-free for good

Freedom From Smoking Group Quit Program Mondays at 11:30 a.m.

Call **(570) 724-9145** or email officemanager.ncpaahc@gmail.com to RSVP. Our first session starts on **Monday, April 9, 2018 at 11:30 a.m.**

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.



1-800-LUNGUSA | Lung.org/ffs

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