AMERICAN LUNG ASSOCIATION. | FREEDOM FROM SMOKING®

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.ncpaahec@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

This project is funded through a grant from the Pennsylvania Department of Health.

AMERICAN LUNG ASSOCIATION. | FREEDOM FROM SMOKING®

Are You Ready to Be a Quitter?

Quitting smoking isn't easy—but it's easier with the right help. The American Lung Association's **Freedom From Smoking®** program gives you options, resources and support to quit for good!

Freedom From Smoking® helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!

What You'll 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 and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good

POP QUIZ:

Is Freedom From Smoking® right for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you want to improve your health—and your family's health, too?
5. Do you want to feel better and more in control of your life?
6. Are you ready to try to quit—even though it may be tough?

If you answered "**YES**" to even one of these questions, you owe it to yourself to find out how Freedom From Smoking® can help.

Date: Mondays, beginning April 9, 2018

Time: 11:30 a.m. - bring your own lunch for a "lunch & learn"

Location: Community Room - Park Hill Manor, Wellsboro, PA

For more information or to register, contact:

Marlene Doan, Office Manager, Northcentral PA AHEC
570-724-9145
officemanager.ncpaahec@gmail.com

1604