

YOU CAN QUIT SMOKING – WE CAN HELP



Freedom From Smoking®



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

participants will be mailed a participant manual

2025 CLASS DATES	TIME
Every Tuesday Jan 7 – Feb 18 with an extra class on Thurs Jan 30 Quit smoking date Jan 28	10:30 - Noon
Every Tuesday Mar 11 – April 22 with an extra class on Thurs April 3 Quit smoking date April 1	10:30 - Noon
Every Tuesday May 6 – June 17 with an extra class on Thurs May 29 Quit smoking date May 27	10:30 - Noon
Every Tuesday July 8 – August 19 with an extra class on Thurs July 31 Quit smoking date July 29	10:30 - Noon
Every Tuesday Sept 2 – Oct 14 with an extra class on Thurs Sept 25 Quit smoking date Sept 23	10:30 - Noon
Every Tuesday Oct 28 – Dec 9 With an extra class on Thurs Nov 20 Quit smoking date Nov 18	10:30 - Noon

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.