

Now's the time!

Quit smoking for good with the *Freedom From Smoking*[®] program.

Join us for 8 weeks, of a group session, to get you on the road, to being smoke free!

Learn how to overcome your tobacco addiction...so you can start enjoying the benefits of better health.

- Small group setting
- Fun, interactive learning environment
- Participant workbook and other informative materials provided

† AMERICAN LUNG ASSOCIATION[®]

Freedom
FROM SMOKING[®]



Free 8-Session Clinic!

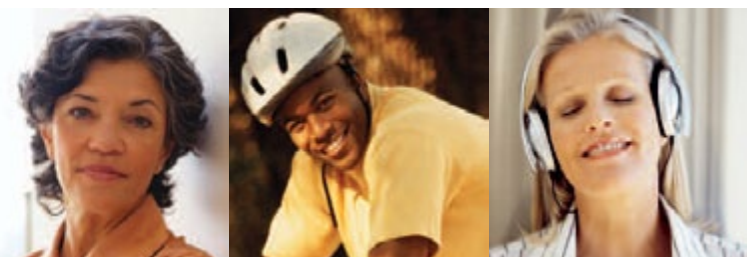
Topics include:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Staying smoke-free for good

Date & Time:

Location:

Contact:



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Fighting for Air