



## Are You Ready to Become a Quitter?

Quitting 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 tobacco-free for life!

### What You'll Learn:

- How to know if you're really ready to quit
- FDA-approved cessation 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 tobacco-free 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.

To register for this FREE program, call Tobacco Consultation Service.

Classes start:  
Wednesdays – Jan 4 – Feb 15, 2023  
1:00 – 2:30 p.m.  
Virtual (Zoom)