



Thinking about quitting? You can do this.

Join the **American Lung Association's Freedom From Smoking® 7 week quit smoking program**. FFS is an evidence-based program that 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 to Expect:

September 8th: Session 1: Thinking about Quitting
September 15th: Session 2: On the Road to Freedom
September 22nd: Session 3: Wanting to Quit
September 29th: Session 4: Quit Day
October 1st: Session 5: Winning Strategies
October 6th: Session 6: The New You
October 13th: Session 7: Staying Off
October 20th: Session 8: Celebration

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



Freedom from Smoking® Group Quit Program

Date: Tuesdays, September 8th - October 20th

Time: 5:30pm - 7pm

Location: Hybrid (Online or in person @ Ellenville Regional Hospital)

For more information please contact: Domonique Byrd

Freedom from Smoking Facilitator at (845) 647-6400 Ext. 281

