

I DID IT!

And you can too!

Quit smoking for good with the Freedom From Smoking Program



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, relaxation CD and other informative materials provided

Topics include:

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



Classes Forming NOW!

Call 816-271-5327

AMERICAN LUNG ASSOCIATION.
Freedom
FROM SMOKING®

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