



**You *can* quit smoking.  
We can help.**

Join the American Lung Association's seven-week quit smoking program. **Hundreds of thousands of people have become smoke free 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 smoke free for good

### **Freedom From Smoking Group Quit Program**

**St. Rose Community Outreach Center, 98 E. Lake Mead Pkwy,**

**Ste. 301, Henderson, NV 89015 (at Boulder Hwy)**

**Mondays, August 6 – Sept. 17, 2018 at 5:30 – 7:00 PM**

**Call 702-616-4900 to register.**

Visit [Lung.org/ffs](http://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.

