



You can quit smoking.  
We can help.

Join the American Lung Association's eight-week quit smoking program, conveniently held at the Daleville Shop Rite. Hundreds of thousands of people have become smokefree 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 smokefree for good

## Freedom From Smoking Group Quit Program Monday at 11:30 am

Call (610) 379-2001 or email [gpio@ecneahec.org](mailto:gpio@ecneahec.org) to RSVP. Our first session starts on Monday, April 2nd at 11:30 am

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.

