



FFS Groups offered in  
partnership with  
Northeast PA Area  
Health Education Center



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

Join the American Lung Association's eight-week quit smoking program. 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

# FREE patches, gum & lozenges

## Freedom From Smoking Group Quit Program

Call (610)-379-2001 or email [vwilliams@ecneahec.org](mailto:vwilliams@ecneahec.org) for locations near you.

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.

