



You can quit smoking.
We can help.

Join the American Lung Association's eight-week quit smoking program, conveniently held at the Wayne County YMCA. 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 Wednesdays at 10:30 am

Call (610) 379-2001 or email gpio@ecneahec.org to RSVP. Our first session starts on Wednesday, March 21st at 10:30 am

Visit 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.

