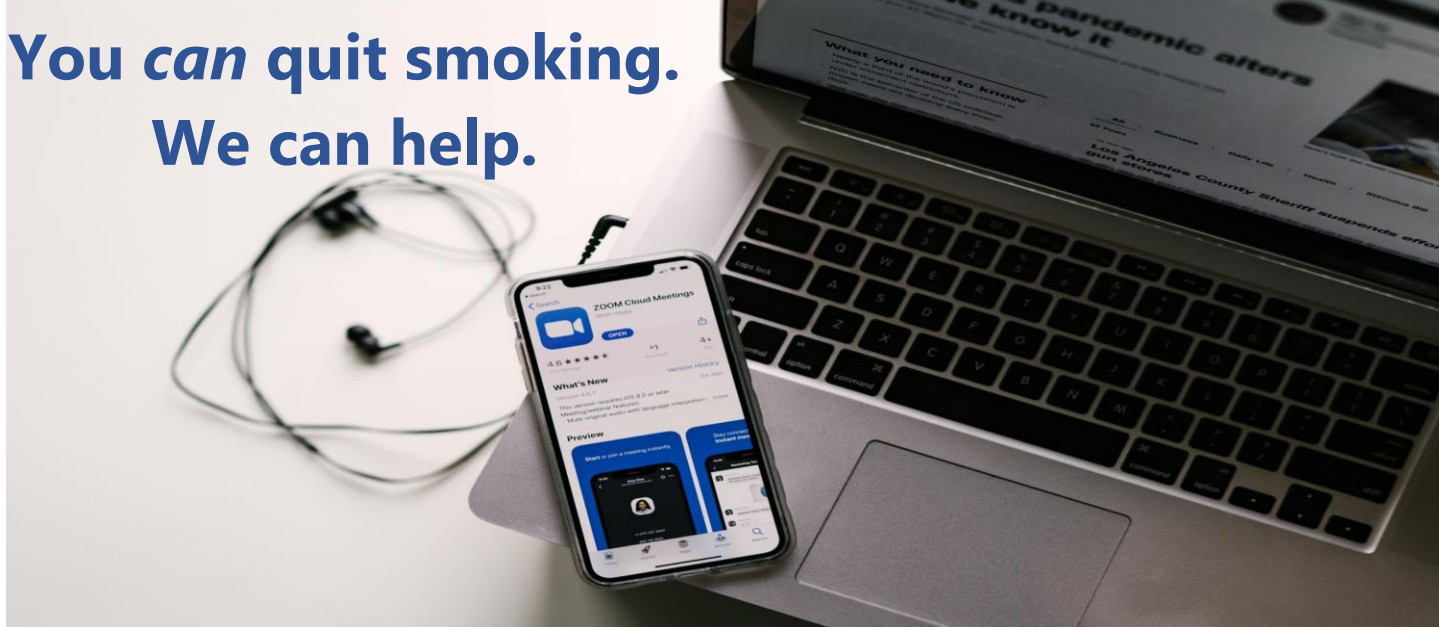


You can quit smoking. We can help.



Join the American Lung Association's eight-week quit smoking program **now VIRTUAL through ZOOM**. Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Now available from the comfort of your home.

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
- This program is offered for FREE and will provide FREE Nicotine Replacement Therapy (patches, gum, lozenges) for one month to participants.***

Freedom From Smoking Group Quit Program

Information Sessions

1st and 3rd Tuesday of each month
at 6:00pm

New groups forming **NOW!** Email
[**info@ecneahec.org**](mailto:info@ecneahec.org) to register.

Contact the **Northeast PA Area Health Education Center** by emailing [**info@ecneahec.org**](mailto:info@ecneahec.org) for more information or to learn how to set up Zoom on your device.