



You *can* quit smoking. We can help.

Join the American Lung Association's seven-week quit smoking program, conveniently held at **Community Progress Council**. 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 **Tuesday at 4:00pm starting on May 1st, 2018.**

Call (717)938-4621 or email rdaczka@yorkcpc.org to RSVP.

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.



1-800-LUNGUSA | Lung.org/ffs



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