



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

Join the American Lung Association's seven-week quit smoking program, conveniently held at the **Red Land Community Action Program/ Community Progress Council Lewisberry Community Center**. 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**  
**Wednesday at 4:30pm starting on April 18<sup>th</sup>, 2018.**

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

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.



**1-800-LUNGUSA | [Lung.org/ffs](http://Lung.org/ffs)**

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