

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

Join the American Lung Association's **7-week Quit Smoking Program**. 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 Locations

Get Healthy Now Wellness Center

601 Presidents Blvd., Louisville, KY

Tuesday, April 2nd 2019

5:00 – 6:30 pm

Health Science Campus Rm: HB208

500 South Preston St., Louisville, KY

Tuesday, April 2nd 2019

5:00 – 6:30 pm

Call (502)588-0770 or email ketia.zuckschwerdt@ulp.org to RSVP. First sessions start on Tuesday, April 2nd at 5:00 PM at Get Healthy Now Wellness Center and Health Science Campus Rm HB208.

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.

