

You can do it!

Quit smoking for good with the *Freedom From Smoking*[®] program.

Learn how to create a personalized plan to overcome your tobacco addiction... so you can start enjoying the benefits of better health.

- Small group setting
- Fun, interactive learning environment
- Participant workbook and other informative materials provided

Topics include:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Staying smoke-free for good



*Space is limited!
Register by
September 21 to
reserve your spot*

- Freedom from Smoking is taught by an American Lung Association trained facilitator
- 7 week course, 8 sessions
- Cost: \$75 Y Member, \$100 Community Participant

Southwest YMCA

11311 W Howard Ave, Greenfield
Tuesday's beginning September 28
6:00pm-8:00pm

Rite Hite YMCA

9250 Green Bay Rd, Brown Deer
Tuesday's beginning September 28
5:00pm-7:00pm

 AMERICAN LUNG ASSOCIATION.
Freedom
FROM SMOKING[®]

Program code: 01406,
program scholarship applies

To register or for more information call Sarah at 414-766-5506
You can also register at your nearest Y