



Are You Ready to Be a Quitter?

Quitting smoking isn't easy—but it's easier with the right help. The American Lung Association's **Freedom From Smoking®** program gives you options, resources and support to quit for good!

Freedom From Smoking® helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!

What You'll 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 and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good

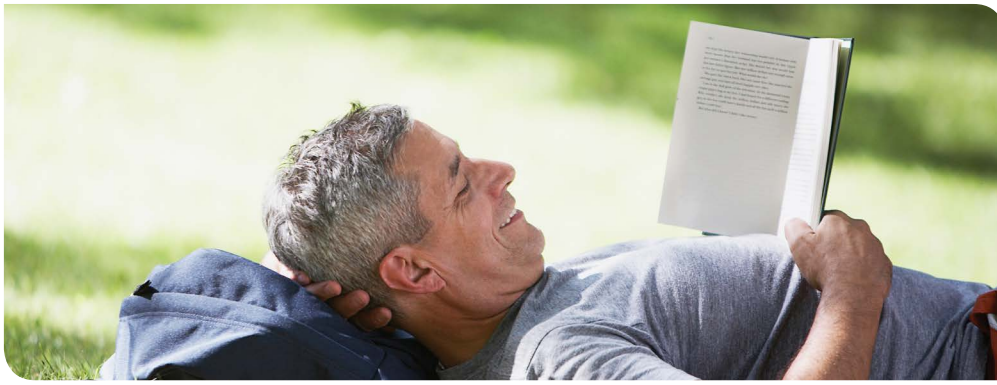
POP QUIZ:

Is Freedom From Smoking® right for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you want to improve your health—and your family's health, too?
5. Do you want to feel better and more in control of your life?
6. Are you ready to try to quit—even though it may be tough?

If you answered "YES" to even one of these questions, you owe it to yourself to find out how Freedom From Smoking® can help.

Learn More! Call **1-800-LUNGUSA** (1-800-586-4872)
or visit Lung.org/stop-smoking today.



Freedom From Smoking® Gives You Freedom of Choice!

The program is available in the options listed below. You can choose the option that's best for you and your lifestyle:

- **Freedom From Smoking® Online** lets you complete sessions online at your own pace, supported by an active online community.
- **Freedom From Smoking® HelpLine** offers telephone counseling services from certified counselors (registered nurses and registered respiratory therapists) specializing in smoking cessation.
- **Freedom From Smoking® In-Person Clinic** offers personalized attention and peer support through a program led by a trained facilitator in small group settings over a seven-week period.
- **Freedom From Smoking® Self-Help Guide** provides content similar to other Freedom From Smoking® options in a self-help workbook for individuals who prefer to work on their own.

It Works!

Many programs can help you quit smoking, but none match the success of Freedom From Smoking®:

- Ranked most effective smoking cessation program in a study by Fordham University Graduate School of Business
- When combined with smoking cessation medications, up to 57% of participants report quitting by the end of the program
- Over the past 30 years, hundreds of thousands of people have quit smoking using this program

People are talking about Freedom From Smoking®!

"They gave me a quit date. I did everything they told me to do and I have never smoked again. They gave me the tools that showed me when I smoked and why I was smoking."

—Glady

"What helped me quit was knowing that the minute I craved for a cigarette, I was prepared. The other big thing was the group support. I never felt alone when I was quitting."

—Cathy

"The program was there when I was ready not to smoke. I had something to reach out for. I went to the program every week. I enjoyed that there were people to talk and to listen to."

—Steven

Learn More! Call **1-800-LUNGUSA** (1-800-586-4872)
or visit Lung.org/stop-smoking today.