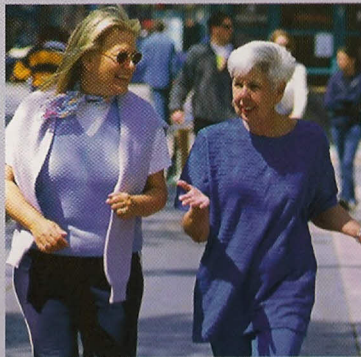


## Is the Freedom From Smoking® program for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you think smoking is bad for your health?
5. Do you have other personal reasons for wanting to stop smoking?
6. Are you ready to try to quit even though it may be tough?

If you answered "yes" to even one of these questions, the *Freedom From Smoking*® program can help.



*"I tried everything to quit before. I wish I had gone through this program sooner."*

- Cathy  
California

Expert help you can trust.



The American Lung Association is committed to helping people stop smoking for good. For over 100 years, the American Lung Association has worked to prevent lung disease and promote lung health.

For more information about this program, call 1-800-LUNG USA (1-800-586-4872) or visit [www.lungusa.org](http://www.lungusa.org)

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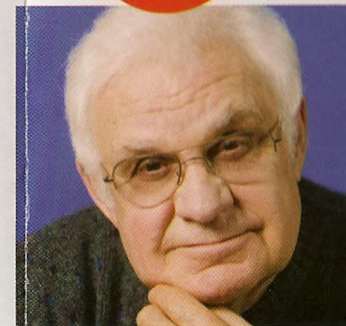
 **AMERICAN LUNG ASSOCIATION.**

To order, call: 800-333-3032

 AMERICAN LUNG ASSOCIATION.®

*Freedom*  
FROM SMOKING®

*The gold standard program that helps you quit smoking for good.*

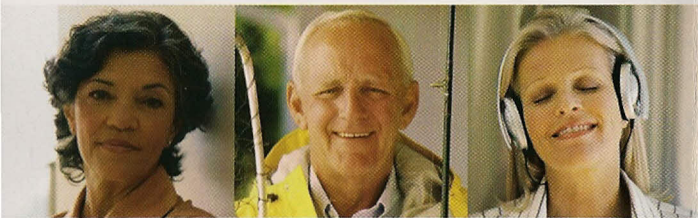


Quitting smoking is the most important thing you can do for yourself and your family.

## Quit smoking for good with *Freedom From Smoking*®.

**Congratulations!** If you're thinking about quitting smoking, you've taken the first step to quitting for good.

*Freedom From Smoking*®, the leading adult smoking cessation program for over 25 years, shows you how to quit for good in a supportive setting. It's the best thing you can do for yourself and your family.



## How does it work?

You'll meet with a small group of people so you get personal attention. And because no two smokers are alike, the program helps you create your own quit plan.

Having the support of others is important while quitting smoking. The other people in the program know exactly what you're going through and provide support when you need it most.

## Who teaches the program?

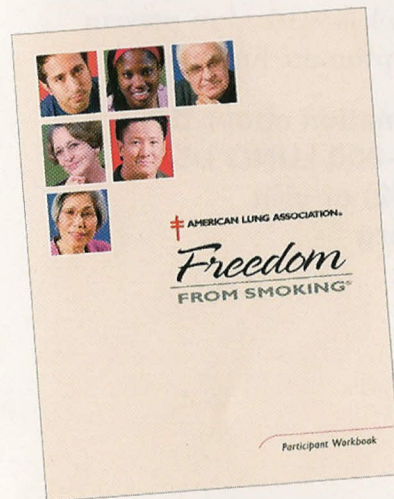
*Freedom From Smoking*® is taught by an American Lung Association-trained instructor. You can feel good knowing this program is backed by the country's leading lung health organization.

## What topics are covered?

At the workshop, you'll get a **Participant Workbook** that covers the following topics:

- Knowing if you're ready to quit smoking
- Medicines to help you quit smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Coping strategies
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke free for good

You'll also get a **Relaxation Exercises CD** that helps you relax more as you quit.



Your Participant Workbook shows you how to quit for good!

## How do I sign up?

Call **1-800-LUNG USA (1-800-586-4872)** or visit **www.lungusa.org** to register today.

## Why choose *Freedom From Smoking*®?

*It's simple — Freedom From Smoking® works!* Many programs help people quit smoking, but none of them match the success of *Freedom From Smoking*®.

- Ranked the most effective smoking cessation program in a study from Fordham University Graduate School of Business
- Has helped hundreds of thousands of people over its 25 years of success

## See what people say about the program.

*"[I'm] excited to be celebrating my one-year anniversary of Freedom From Smoking®! I went back to New York to spend Christmas with my sister and brother-in-law, and they said that was probably the best gift I could have given them."*

- Cheryl  
Missouri

*"This program saved my life. I am eternally grateful. My two great granddaughters wouldn't have met me if I hadn't found this program."*

- Glady  
Arizona