

You *can* quit smoking. We can help.

Join the American Lung Association's eight-week quit smoking program, facilitated by the Northeast PA Area Health Education Center (NEPA AHEC). Hundreds of thousands of people have become smokefree 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 smokefree for good

FREE Freedom From Smoking Group Quit Program **New Groups Forming Now!**

Call **(570) 209-9644** or email info@ecneahec.org to RSVP.

NEPA AHEC provides these groups in-person, virtually, and over the phone. We also provide **FREE** nicotine replacement therapy which includes nicotine patches, gum and lozenges to participants that complete the program.

