Register Now!
8-week Freedom From Smoking Class

This American Lung Association program is an 8-week session designed to avoid the usual pitfalls associated with quitting smoking. The Freedom From Smoking behavior modification format provides strategies for tracking personal habits, developing coping strategies, and practicing in a supportive environment with others who are experiencing the same feelings and challenges.

January 20th - March 10th, 2010
Every Wednesday from 4:30 - 6 p.m.
Emory University Hospital
Classroom B & C
2nd Floor, E Wing

Enrollment is $50.00

Open to all Emory faculty, staff, students, patients, friends and family

Faculty Staff Assistance Program
The Emory Wellness Center
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