



Freedom From Smoking

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.

April 1 – May 20, 2010
Every Thursday from 4:00 – 5:30 p.m.
Emory University Hospital Midtown
Peachtree Building
Room 5180

Enrollment is \$50.00

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

Attention faculty & staff: Emory supports your decision to quit by offering programs at no cost and reimbursement programs for those who qualify. Call to find out more!



Faculty Staff Assistance Program
The Emory Wellness Center
1762 Clifton Road, NE, Suite P 1100
Atlanta, GA 30322
(404) 727-4328 or (404) 727-WELL
www.fsap.emory.edu