



Freedom From Smoking

Mondays* 1:00 – 2:30pm

March 3– April 14, 2014

1599 Clifton Road

This American Lung Association program is an 8-session small group designed to help you avoid the usual pitfalls associated with quitting smoking. The Freedom From Smoking format provides strategies for tracking habits, coping, and practicing in a supportive environment with others who are experiencing similar challenges.

Program Overview

3/3: Session 1 *Thinking About Quitting*

3/26: Session 5 *Winning Strategies*

3/10: Session 2 *On the Road To Freedom*

3/31: Session 6 *The New You*

3/17: Session 3 *Wanting to Quit*

4/7: Session 7 *Staying Off*

3/24: Session 4 **Quit Day**

4/14: Session 8 *Celebration*

* Session #5 is on Wednesday 3/26, 48 hours after Quit Day.

Registration Required

Online: www.fsap.emory.edu/workshops

Phone: 727-WELL (727-4328)

Email: Diane.N.Weaver@emory.edu

This program is open to Emory faculty and staff and spouses/SSDPs only, and is free of charge. For more resources on tobacco cessation, please visit www.tobaccofree.emory.edu



Faculty Staff Assistance Program
(404) 727-4328 or (404) 727-WELL
www.fsap.emory.edu