



Freedom From Smoking

Freedom From Smoking Program @ Emory University

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 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.

Mondays* January 7th – February 18th , 2013

4:30-6:00pm

1762 Clifton Rd NE, Suite 2400, Room 1400

Atlanta, GA 30322

** No meeting on Monday Jan. 21st (MLK Day). The group will meet on Tuesday Jan. 22nd instead that week. One of the 8 meetings will be held on Wednesday Jan. 30th.*

Session Topics:

Session 1: Thinking About Quitting

Session 2: On the Road To Freedom

Session: 3: Wanting to Quit

Session 4: **Quit Day**

Session 5: Winning Strategies

Session 6: The New You

Session 7: Staying Off

Session 8: Celebration

Pre-registration required. Open to all Emory faculty and staff and spouses/SSDP free of charge.

For more information or to register for this class, contact the FSAP at 404-727-4328.



Faculty Staff Assistance Program
The Emory Wellness Center
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Atlanta, GA 30322
(404) 727-4328 or (404) 727-WELL
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