



Freedom From Smoking

Freedom From Smoking Program @ Woodruff Library

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.

Wednesdays* May 30th-July 18, 2012

11:30 a.m. - 1:00 p.m.

2nd Floor of Woodruff Library, ECIT Room 215

** One of the 8 meetings will be held on Friday June 22*

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 free of charge.

Please discuss your time to attend this class with your supervisor.

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



Faculty Staff Assistance Program
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