



# 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](http://www.fsap.emory.edu)