



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 <i>Thinking About Quitting</i>	3/26: Session 5 <i>Winning Strategies</i>
3/10: Session 2 <i>On the Road To Freedom</i>	3/31: Session 6 <i>The New You</i>
3/17: Session 3 <i>Wanting to Quit</i>	4/7: Session 7 <i>Staying Off</i>
3/24: Session 4 Quit Day	4/14: Session 8 <i>Celebration</i>

* 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