

# You *can* quit smoking. We can help.

Quitting smoking is not easy, but it is easier with the right help. Join the Freedom From Smoking program that gives you options, resources and support to quit for good.

## What You Will Learn

- How to know if you are really ready to quit
- Medications that increase success
- Lifestyle changes to make quitting easier
- How to prepare for quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image



**Freedom From Smoking 7 week Program**  
**Mondays: 10:00 a.m. - 12:00 p.m. Room 1028**

**Program Dates: September 24th**

**October 1st, 8th, 15th, 17th, 22, 29th and November 5th**

**\* Attendance to all sessions is required\***

To RSVP call Vanessa at (213) 481-5992 or Melina at (213) 784-9343

1200 N. State St. Los Angeles, CA 90033

# Are You Ready to Be a Quitter?

## Pop Quiz:

### Is Freedom From Smoking right for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you want to improve your health and your family's health?
5. Do you want to feel better and more in control of your life?
6. Are you ready to try to quit-even though it may be tough?

If you answered **"YES"** to even one of these questions, you owe it yourself to find out how Freedom From Smoking can help.

*Ready to quit smoking?* Join us at The Wellness Center on **Monday, September 24, 2018** at **10:00 a.m.** for an American Lung Association Freedom From Smoking® Group. Over the course of eight weeks, we'll set a quit date together, build a quit plan and learn tips on how to stay smokefree for good.



The Wellness Center is located inside  
The Historic General Hospital on the first



From Clinic Tower follow the Fitness trail to get to the main entrance.

