



**FREEDOM** FROM SMOKING®



## Become smoke free...for free!

Hundreds of thousands of people have become tobacco free through the American Lung Association's Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking...and right now, the Northeast District Department of Health is offering this eight-week quit smoking program for *FREE!*

### **Freedom From Smoking Group Quit Program**

**Wednesdays beginning January 9, 2019**

**4:00 – 5:30 pm (some classes may run longer)**

**Northeast District Department of Health**

**69 South Main Street, Unit 4, Brooklyn, CT**

**Register by calling Janine Vose at (860) 774-7350 x.24 or email [phnurse@nddh.org](mailto:phnurse@nddh.org)**

Overseen by a certified facilitator, you will learn:

How to know if you're really ready to quit • Medications that can increase your success

**(included FREE for 12 weeks if your insurance does not cover it)**

Lifestyle changes to make quitting easier • How to prepare for your quit day

Coping strategies for managing stress & avoiding weight gain • How to stay smoke-free for good

Visit [Lung.org/ffs](http://Lung.org/ffs) for more information about the program.

If a group clinic isn't right for you, please contact Connie Capacchione, Uncas Health District, at **860.823.1189 ext. 122** or [c-capacchione@uncashd.org](mailto:c-capacchione@uncashd.org)

