



**GIVE YOUR
LUNGS A
FRESH START
IN 2020!!**

 AMERICAN LUNG ASSOCIATION®

Freedom

FROM SMOKING®



Through this American Lung Association program, learn to address and overcome the physical, mental and social aspects of your addiction to tobacco. The “Freedom From Smoking” program uses techniques based on pharmacological and psychological principles and methods designed to help tobacco users gain control over their behavior, and break their addiction. Program meets weekly for 7 weeks.

\$25/person – open to members and non-members