

Freedom From Smoking

American Lung Association - In-person, online, and self-directed



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

Free community workshop

Freedom From Smoking is a workshop for people who are ready to quit tobacco. Learn how to decrease cravings, create your new self-image and develop an action plan for your quit day.

Meets for 8 sessions, 1.5 hours each

- Sessions 1-3 Create personal quit plan
- Sessions 4-5 Group Quit date
- Sessions 6-8 How to stay tobacco free

Topics include:

- Design a personal quit plan
- Action planning
- Coping skills
- How to decrease cravings
- Behavior modification skills
- Weight and stress management
- Appropriate use of medications
- How to stay smoke-free for good

For more information:



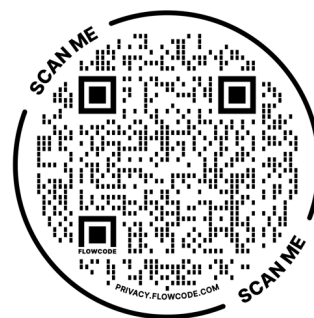
samhealth.org/HealthEdHub



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541-768-6811 or 866-243-7747



*Equipment needs for online program:

- webcam for video on
- speakers to hear
- microphone to speak

The Regional Health Education Hub is a partnership between multiple community organizations working to streamline health education programming across Benton, Lincoln, and Linn Counties. Our purpose is to support community members and clinicians by providing easy access to a range of evidence-based health education programming options.

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