



MAKE IT EASIER FOR SMOKERS TO QUIT—
For Life!



New Edition!

OFFER *FREEDOM FROM SMOKING*®
 IN YOUR ORGANIZATION.

Quitting is hard. That's why people need *Freedom From Smoking*®, America's gold standard smoking cessation program for over 25 years.

This recently updated program is better than ever. Based on the latest research on addiction and behavior change, it approaches the difficulties of quitting with a sensitive, supportive style.

After quitting, participants experience immediate health benefits. Plus, they reduce their risk of long-term smoking-related illness and disability, which helps to cut your organization's healthcare costs.

This interactive program can be delivered to small groups over eight sessions. Materials are available in English and Spanish.

Proven effective!
 People who use the program are six times more likely to be smoke-free one year later than those who try to quit on their own.

THIS PROGRAM IS ELIGIBLE FOR INSURANCE REIMBURSEMENT!

The *Freedom From Smoking* program is a 90 minute group program over 7 weeks with 8 class sessions.

*Can be fit to accommodate the employees lunch

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