

# QUIT SMOKING *For Life!*

 AMERICAN  
LUNG  
ASSOCIATION.



## Sign up for the *Freedom From Smoking*® program from the American Lung Association.

Learn how to overcome your tobacco addiction so you can enjoy the benefits of better health...extra money in your pocket...and healthier relationships. You'll learn about:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good



### Is this you?

- Is quitting a priority for you?
- Have you tried to quit before?
- Do you think smoking is bad for your health?
- Do you have other personal reasons for wanting to quit?
- Are you ready to try to quit even though it may be tough?

If you said "Yes" to one or more questions, you could benefit from *Freedom From Smoking*®!

### *Freedom From Smoking*® really works!

- Helps smokers address the physical, mental and social aspects of their addiction
- Ranked the most effective smoking cessation program in a study conducted by Fordham University Graduate School of Business
- People who use the program are six times more likely to be smoke-free one year later than those who quit on their own
- Up to 60% of participants report having quit by the end of the program when used in combination with smoking cessation medications

**THIS PROGRAM IS ELIGIBLE FOR INSURANCE REIMBURSEMENT!**

Every Tuesday for 7 weeks, with an 8<sup>th</sup> class Thursday, March 3, 2011

**START DATE:** Tuesday, February 8, 2011

**TIME:** 6pm-7:30pm

**END DATE:** Tuesday, March 22, 2011

**Cost:** \$300 per person

**AREUFIT**

HEALTH SERVICES, INC.

Held at **AREUFIT** Health Services, Inc  
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Malvern, Pa 19355

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