

## Are You Ready to Be a Quitter?

Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good!

**Freedom From Smoking®** is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!

### What You'll Learn

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good



### POP QUIZ:

Is Freedom From Smoking® right for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you want to improve your health – and your family's health, too?
5. Do you want to feel better and more in control of your life?
6. Are you ready to try to quit – even though it may be tough?

If you answered **"YES"** to even one of these questions, you owe it to yourself to find out how Freedom From Smoking® can help.