

# Ready to quit smoking?

Seven-week *Freedom From Smoking*<sup>®</sup> Program



The UConn Health Center is offering two seven-week Freedom From Smoking<sup>®</sup> programs that provide proven skills and techniques to help you quit.

Lead by American Lung Association-trained facilitators, the program will:

- Prepare you to quit smoking
- Provide you with a tool box of smoking cessation techniques
- Provide personalized and continuous support

**When:** [Session 1](#) – January 7 to February 18  
[Session 2](#) – January 22 to March 5

**Time:** 6 to 8 p.m.

**Location:** Arnold Katz, M.D. Educational Conference Room, UConn Health Center

**Cost:** \$50 refundable upon successful completion of the program

For further information or to register, call **800-535-6232**.



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