

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.

[Learn More!](#)

Freedom From Smoking® gives you freedom of choice!

The program is available in the options listed below. You can choose the option that's best for you and your lifestyle:

- **Freedom From Smoking® Online** lets participants complete sessions online at their own pace, supported by an active online community
- **Freedom From Smoking® HelpLine** offers telephone counseling services from certified counselors (registered nurses and registered respiratory therapists) specializing in smoking cessation
- **Freedom From Smoking® In-Person Clinic** offers personalized attention and peer support through a program led by a trained facilitator in small group settings over a seven-week period
- **Freedom From Smoking® Self-Help Guide** provides content similar to the other *Freedom From Smoking®* options in a self-help workbook for individuals who prefer to work on their own

It Works!

Many programs can help you quit smoking, but none match the success of Freedom From Smoking®:

- Ranked most effective smoking cessation program in a study by Fordham University Graduate School of Business
- When combined with smoking cessation medications, up to 57% of participants report quitting by the end of the program
- Over the past 30 years, hundreds of thousands of people have quit smoking using this program

People are talking about Freedom From Smoking®!

“They gave me a quit date. I did everything they told me to do and I have never smoked again. They gave me the tools that showed me when I smoked and why I was smoking.”

—Gladys

“What helped me quit was knowing that the minute I craved for a cigarette, I was prepared. The other big thing was the group support. I never felt alone when I was quitting.”

—Cathy

“The program was there when I was ready not to smoke. I had something to reach out for. I went to the program every week. I enjoyed that there were people to talk and to listen to.”

—Steven

Learn More!