

FREEDOM FROM SMOKING



...the jump start you need to help you quit

Freedom From Smoking, America's gold standard **smoking cessation program**, is a proven way to quit smoking. Let us help you gain the skills you need to stop smoking for good.

THE PROGRAM INCLUDES:

- 7 weeks of live instruction with a trained coach
- Support from the quit-smoking specialist at the Lung HelpLine
- Access to program materials at no cost to you, including relaxation exercises
- Referral to a free supply of nicotine patches and/or gum via MD QUIT NOW



SCAN ME TO
LEARN MORE

REGISTER TODAY!

Wednesdays Sept. 2 – Oct. 14 & Friday Sept. 25

6 - 7:30 PM | 7 WEEKS, 8 SESSIONS | ZOOM | FREE



events.suburbanhospital.org



301-896-3844 to reserve your seat.

Open to patients, family, friends and area community.



AMERICAN
LUNG
ASSOCIATION®



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE