

# Quit Smoking For Life!



Sign up for the Freedom From Smoking® program from the American Lung Association. This class sponsored by Mount Auburn Hospital and Newton-Wellesley Hospital.

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

**Sign up today! Class is Free!**

**Next Class Starts Thursday May 17, 2018**

**Where:** The Community Day Center Waltham  
16 Felton Street, Waltham

**Dates:** May 17, May 24, May 31, June 7, June 11  
(Monday class), June 14, June 21, June 28

**Time:** 5:30 – 7:30 p.m.

**Call:** 617-499-5625 to register and  
for more information

**You must pre-register for this program.**

 AMERICAN LUNG ASSOCIATION®

*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



NEWTON-WELLESLEY  
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL



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