

# You can do it!

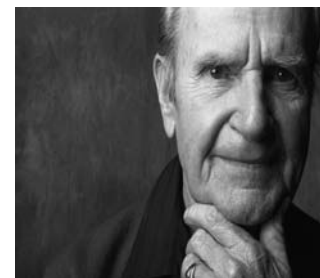


## Quit smoking for good With the *Freedom From Smoking*® Program.



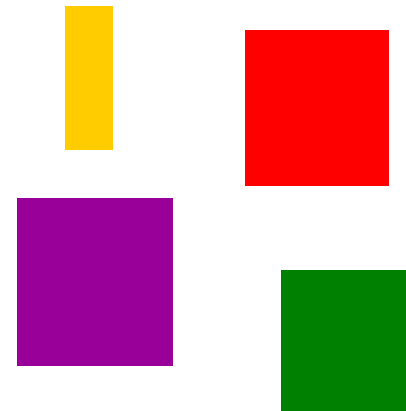
Learn how to create a personalized plan to overcome your tobacco addiction... so you can start enjoying the benefits of better health.

- Small group setting
- Fun, interactive learning environment
- Participant workbook and other informative materials provided.



### Topics Include:

- 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
- Staying smoke-free for good



Date: Begins Sunday, February 15th, 2009

Time: 2:00pm-3:30pm

Location: 7001 Menaul Blvd. NE  
American Lung Association of NM

Fee: No Charge

For more information or to register, call:  
505-265-0732

