



**You *can* quit smoking.
We can help.**

Join the American Lung Association's eight-week quit smoking program, conveniently held at **Edgemont Towers, 100 Ash Street, Bristol, TN**. A separate session will also be held at **Fort Shelby Towers, 400 Shelby Street, Bristol, TN**. Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by a certified facilitator, you will 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 & avoiding weight gain
- How to stay smokefree for good

Freedom From Smoking Group Quit Program

Call Toni Swavely at (423) 279-2788 or email tswavely@sullivanhealth.org to RSVP.

- Our first session at **Edgemont Towers** starts on **Tuesday, June 20, 2017 at 2:00 pm**.
- Our first session at **Fort Shelby Towers** starts on **Thursday, June 22, 2017 at 2:00 pm**.

Visit Lung.org/ffs for more information about the program or our online Freedom From Smoking® **Plus** if a Group Clinic isn't right for your quit.

