



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

One of the most effective tobacco cessation programs in the country, Freedom From Smoking® has an online cessation experience with Freedom From Smoking **Plus**. The interactive program allows you to create a personalized quit plan on your computer, tablet or smartphone.

With videos, quizzes and activities, Freedom From Smoking **Plus** helps you quit with a step-by-step guide that includes:

- Knowing you are ready to quit
- Setting a quit date and making a plan
- Medications that can increase your success
- Lifestyle changes to help you quit
- Coping strategies for managing stress
- How to stay tobacco-free for good

**Learn more about our online program  
by emailing,**

**[FreedomFromSmoking@Lung.org](mailto:FreedomFromSmoking@Lung.org)**



In addition to the online program, you can access Freedom From Smoking through:

- **Group Programs:** Over eight sessions, quit with a group of individuals under the guidance of an expert facilitator.
- **Self-Guided Manual:** Work at your own pace and on your own time frame with the guidance of the Freedom From Smoking workbook.

With any program, you can lean on the supportive network of the American Lung Association. At any point in your quit journey, you can:

- chat with other quitters anytime, anywhere through our online community
- call the Lung HelpLine to talk to a cessation counselor for individual attention and support

**Quitting smoking isn't easy—but it's easier with the right help.**

Learn more and begin your quit journey today! Email us at

For more information on the American Lung Association, you can email [FreedomFromSmoking@Lung.org](mailto:FreedomFromSmoking@Lung.org).

