



Are You Ready to Be a Quitter?

Quitting isn't easy—but it's easier with the right help. The [American Lung Association's Freedom From Smoking Plus](#) program gives you options, resources and support to quit for good!

The interactive online 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:

What You'll Learn:

- 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



Pop Quiz

Is Freedom From Smoking Plus right for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you want to improve your health—and your family's health, too?
5. Do you want to feel better and more in control of your life?
6. Are you ready to try to quit—even though it may be tough?

If you answered **“YES”** to even one of these questions, you owe it to yourself to find out how Freedom From Smoking can help.

To learn more and begin your quit journey, email us at FreedomFromSmoking@Lung.org

Learn More!

Call 1-800-LUNGUSA or visit Lung.org/ffs today.

