



Are You Ready to Be Tobacco-Free with Freedom From Smoking®?



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

People are talking about Freedom From Smoking!

"They gave me a quit date. I did everything they told me to do and I have never smoked again. They gave me the tools that showed me when I smoked and why I was smoking."

—Glady

"What helped me quit was knowing that the minute I craved for a cigarette, I was prepared. The other big thing was the group support. I never felt alone when I was quitting."

—Cathy

"The program was there when I was ready not to smoke. I had something to reach out for. I went to the program every week. I enjoyed that there were people to talk and to listen to."

—Steven

To learn more and begin your quit journey, email us at

