

Freedom From Smoking® Program

"Very effective, made all the difference for me in quitting. The support was awesome!"

~ Quit May 2007 - Freedom From Smoking® Participant

"This is perhaps the best and most important thing I have ever done!"

~ Quit May 2007 - Freedom From Smoking® Participant

Healthy Communities Partnership is proud to offer the American Lung Association's Freedom From Smoking® clinic. Clinics are offered throughout the year and are free and open to the public. By participating in Freedom From Smoking® you will learn a variety of techniques and tips for successfully making nicotine a part of your past.

Even if you are just thinking about quitting, the Freedom From Smoking® program is designed for you. Research suggests that the average person who smokes makes 5 to 7 quit attempts before being able to completely quit smoking. This program is designed to help end tobacco dependence by giving you the tools you need to quit successfully, learn to maintain a smoke free lifestyle, and tips and techniques for dealing with potential slips.

The clinic consists of 8 practical sessions. Each session offers tools and resources.

- **Session 1: Thinking About Quitting**
 - You will ask yourself: Am I ready? What are my fears? What triggers my desire to smoke?
 - You will learn: about addiction and the impact of nicotine on your body
 - You will discuss: medications that can help, tracking your smoking habits to get a better understanding of your triggers
- **Session 2: Wanting To Quit**
 - You learned to smoke, you will talk about learning to *not* smoke
 - You will discuss stress and learn about medications that can help you quit
- **Session 3: Wanting to Quit**
 - You will make a quit plan
 - Learn about support systems
- **Session 4: Quit Day**
 - You will commit to quitting
 - Learn about rewards and say hello to a smoke free life
- **Session 5: Winning Strategies**
 - You will learn about grief, discuss recovery and talk about the fears, anxieties and SUCCESS that comes with quitting
- **Session 6: The New You**
 - You will look at lifestyle changes, discuss handling social pressures and talk about ways to stay smoke free
- **Session 7: Staying Off**
 - You will learn to picture yourself as a non-smoker, receive additional support and tips
- **Session 8: Celebration**
 - Change is worth Celebrating is the focus for the final session. Whether you have quit completely or are still working toward your quit day, you have learned a lot and taken an important step in protecting your health. You WILL be proud of yourself and the work you have done.