



FREEDOM FROM SMOKING

2023 DATES:

Jan. 23 to Mar. 6

Mondays

Times: 5:30 to 7:00 p.m.

Apr. 24 to Jun. 5

Mondays

Times: 5:30 to 7:00 p.m.

Sep. 11 to Oct. 23

Mondays

Times: 5:30 to 7:00 p.m.

You've already taken the first step by considering a smoking cessation program. Now it's time to take the next step. Offered by the Community Health Education Center, the American Lung Association's Freedom From Smoking program has been the leading adult smoking cessation program for over 25 years and will show you how to quit smoking in a supportive setting. Having the support of others is important while quitting smoking. They know exactly what you're going through and can provide support when you need it most.

In this seven-session series, you will:

- Learn how to prepare to quit and stay smoke-free
- Get the support and attention you need
- Hear from a pharmacist about nicotine replacement products

Register:

Online at SalemHealth.org/CHEC or call 503-814-2432

Cost: Free

Location:

Salem Hospital, Building D
Community Health Education Center -
Classroom 1