

READY TO QUIT?

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

The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good!

**Saturdays,
January 13 through March 3
9:30 - 10:30 a.m.**

8 sessions - Free

**MEMORIAL HOSPITAL EAST
Community Conference Center - Second Floor
1404 Cross Street , Shiloh, Illinois**

You'll Learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good

*Registration is required at
mymemorialnetwork.com/events
or call 618-257-5649 by January 9.*

 AMERICAN LUNG ASSOCIATION®

Freedom
FROM SMOKING®

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