

Freedom

FROM SMOKING®

“Freedom From Smoking” has more than 30 years of success

A step by step plan for quitting smoking



Are you a resident of Tarrant County who wants to quit smoking?



Have you tried everything to stop smoking and nothing seems to work?



Has a stressful event caused you to restart smoking?



Are you ready to experience immediate health benefits and save money?

IF YOU ANSWERED “YES” TO ANY OF THESE QUESTIONS THIS PROGRAM IS FOR YOU!

This FREE 7 week program will address four key issues:

- Managing stress*
- Nicotine withdrawal*
- Weight control*
- Long-term strategies for maintaining cessation*

“Freedom From Smoking” is available in person and online and is offered in English and Spanish

To learn more about the program, or to find one near you, call (817)321-4976 or visit us at

smokefree@tarrantcounty.com

www.lung.org



Public Health

