

 AMERICAN LUNG ASSOCIATION®

Freedom

FROM SMOKING®

The gold standard program that helps you quit smoking for good.



CLASS TIMES:

Monday Nights
July 7, 2008 — August 18, 2008
6:00 — 8:00 pm

CLASSES HELD AT :

Oroville Hospital — Conference Room 1
2767 Olive Highway — Oroville, CA



WANT TO SIGN UP?

Katie at 345-5864 ext. 311
or 1-800-LUNG-USA

What topics are covered?

- Knowing if you're ready to quit
- Medicines to help you quit smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Coping strategies
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke free for good

Funded by Butte County