



Coming March 2011!

FREEDOM FROM SMOKING

Smoking Cessation Group Sessions

Freedom from Smoking is a 7-week class and support group to help individuals quit smoking. All participants will receive a workbook, quit kit and blood pressure & carbon monoxide screenings. Class meets from **6:00—7:30pm**.

MEDICATION PACKAGE ... \$120.00

- Class participation w/ trained program facilitator
- Carbon monoxide & blood pressure screenings
- Appx. 6-weeks of nicotine replacement medication
 - Program Workbook
 - Quit-Kit

PARTICIPATION ONLY \$ 40.00

- Class participation w/ trained program facilitator
- Carbon monoxide & blood pressure screenings
 - Program Workbook
 - Quit-Kit

SCHEDULE

Session 1: <i>Thinking about Quitting</i>	March 22, 2011
Session 2: <i>On the Road to Freedom</i>	March 29, 2011
Session 3: <i>Wanting to Quit</i>	April 5, 2011
Session 4: <i>Quit Day!</i>	April 12, 2011
48-Hour Follow-Up Session 5: <i>Winning Strategies</i>	April 14, 2011
Session 6: <i>The New You</i>	April 19, 2011
Session 7: <i>Staying Off</i>	April 26, 2011
Session 8: <i>Celebration</i>	April 3, 2011

**For more information or to register, please contact
Tiffany at (202) 269-7786 or TJones@provhosp.org.**

