



WAYNE MEMORIAL HOSPITAL

An Affiliate of Wayne Memorial Health System, Inc.

You can quit smoking. We can help.

Join the American Lung Association’s eight-week quit smoking program. Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by a certified facilitator, you will 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 & avoiding weight gain
- How to stay smokefree for good

This program is offered for FREE and will provide Nicotine Replacement Therapy (patches, gum, lozenges) for one month to participants.

Freedom From Smoking Group Quit Program

**ALL sessions will be held at Wayne Memorial Hospital at 3:45 pm
601 Park Street, Honesdale PA 18431**

Session 1 – Wednesday, February 12

Session 2 – Wednesday, February 19

Session 3 – Wednesday, February 26

Session 4 – Wednesday, March 4 (Quit)

Session 5 – **MONDAY**, March 9

Session 6 – Wednesday, March 11

Session 7 – Wednesday, March 18

Session 8 – Wednesday, March 25 (Celebration)

Call **(610)-379-2001** or email **gginapio@gmail.com** to reserve your space.

Visit Lung.org/ffs for more information about the program or our online Freedom From Smoking® **Plus** if a Group Clinic isn’t right for your quit.

