



**You *can* quit smoking.
We can help.**

Join the American Lung Association's eight-week quit smoking program, conveniently held at the Heinrich YMCA and Durango YMCA. Hundreds of thousands of people have become smoke free 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 smoke free for good

Freedom From Smoking Group Quit Program Y Locations:

1. Heinrich Y-Starts Feb 7th; Classes are on Tuesdays at 10am
Call Barbara Carter at 702-522-7435 or email bcarter@lasvegasyymca.org
2. Durango Y-Starts Feb 13th; Classes are on Mondays at 5:30pm
Call JR Ates at 702-839-4914 or email at jates@lasvegasyymca.org

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.

