

Be a Quitter!

For adults:



FREEDOM 
FROM SMOKING®

Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. Based on current addiction and behavior change models, the program follows a systematic approach to developing a plan of action that leads to quit day and provides support needed to remain smokefree.

It works!

- **Freedom From Smoking® Online** lets participants complete sessions online at their own pace, supported by an active online community
- **Freedom From Smoking® HelpLine** offers telephone counseling services from certified counselors (registered nurses and registered respiratory therapists) specializing in smoking cessation
- **Freedom From Smoking® In-Person Clinic** offers personalized attention and peer support through a program led by a trained facilitator in small group settings over a seven-week period
- **Freedom From Smoking® Self-Help Guide** provides content similar to other Freedom From Smoking® options in a self-help workbook for those who prefer to work on their own

Quitting smoking isn't easy—but it's easier with the right help.

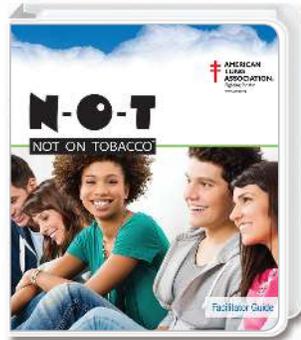
The American Lung Association offers resources to help smokers figure out their reasons for quitting and then take the big step of quitting for good.

Quitting is easier with the right resources



For teens:

Not On Tobacco (N-O-T)[®] helps teens understand why they smoke and helps them develop the skills, confidence and support they need to quit. The program can be implemented in school or community settings. It includes 10 50-minute sessions that emphasize education and skill-building rather than punishment—participation is strictly voluntary.



Created in collaboration with West Virginia University; meets CDC Guidelines for School Health Programs

Topics include:

- Understanding reasons for smoking
- Preparing to quit
- Nicotine addiction and withdrawal
- Accessing and maintaining social support
- Coping with stress; preventing relapse

It works!

N-O-T[®] has a 21% quit rate—higher than any other program of its kind. **Learn more at:** www.Lung.org.

Tobacco control advocacy

The American Lung Association is doing many things to give smokers easy access to the treatments that have been proven to help them quit. **Learn more at:** www.Lung.org/cessation.

Order American Lung Association health education materials

Support your smoking cessation initiatives with reader-friendly brochures available through our publisher, StayWell.

View the complete portfolio and order at kramestore.com/lungassociation.



Get Involved

Join our mission to save lives by preventing lung disease, promoting lung health and assuring healthy air. Lend your voice...give your time...join a local event...share your story with others...your help is greatly needed.

Become an advocate

Learn how the American Lung Association is fighting for air and how you can help!

Volunteer

We are grateful for the support of hundreds of thousands of volunteers nationwide. Contact your local American Lung Association to learn how your unique skills can support our work.

Connect with your local Lung Association

Visit www.Lung.org to find your local American Lung Association office to learn about upcoming events. Or put your lungs to good use by helping raise funds for lung disease research and health education.

Be social with us

Keep up with us on Twitter, Facebook, and YouTube.



Join us!

Learn more at www.Lung.org/get-involved