



# Quit Smoking for Life

Take advantage of our complimentary sessions of the American Lung Association's Freedom from Smoking program and make the choice to give up tobacco this winter. Peggy Russo, TTS, and other Freedom From Smoking certified instructors will review this step-by-step plan for tobacco treatment.

Sign up for the ***Freedom From Smoking***<sup>®</sup> program.

Learn how to overcome your tobacco addiction...so you can start enjoying the benefits of better health.

- Small group setting
- Fun, interactive learning environment
- Participant workbook and other informative materials provided

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#### Covers these important topics:

- Medicines that can help you stop smoking
  - Lifestyle changes that make quitting easier
  - Managing stress
  - Avoiding weight gain
  - Developing a new self image
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**The Freedom From Smoking program is Free.**  
Burlington sessions begin Monday, February 25 at 6pm  
in the Kariotis Conference Room, 3E-32, 41 Mall Rd.

Peabody sessions begin Tuesday, February 26  
at noon in the 3rd Floor Conference Room, North Wing

**Please pre-register at  
[www.Lahey.org/TobaccoTreatment](http://www.Lahey.org/TobaccoTreatment)  
or call the Quitline (781-744-7848)  
for assistance or further information.**

# Freedom From Smoking

All Burlington sessions meet in the Kariotis Conference Room,  
3E-32, 41 Mall Road, Burlington, MA, at 6 PM

All Lahey North sessions meet in the 3rd Floor Conference Room, North Wing  
One Essex Center Drive, Peabody, at 12 PM

Session	Burlington 6:00-7:30 pm	Peabody Noon-1:30 pm
1 <b>Thinking About Quitting</b>	Monday, February 25	Tuesday, February 26
2 <b>On the Road to Freedom</b> <ul style="list-style-type: none"><li>• Studying your Habits</li><li>• Building Motivation</li></ul>	Monday, March 4	Tuesday, March 5
3 <b>Wanting to Quit</b>	Monday, March 11	Tuesday, March 12
4 <b>QUIT NIGHT!</b>	Monday, March 18	Tuesday, March 19
5 <b>QUIT NIGHT! Follow-up</b>	Wednesday, March 20	Thursday, March 21
6 <b>The New You</b> <ul style="list-style-type: none"><li>• Stress Management</li><li>• Weight Control</li></ul>	Monday, March 25	Tuesday, March 26
7 <b>Staying Off</b> <ul style="list-style-type: none"><li>• Active Fun and Exercise</li><li>• Assertive Communication</li></ul>	Monday, April 1	Tuesday, April 2
8 <b>Celebration</b>	Monday, April 8	Tuesday, April 9