



Freedom from Smoking Workshop

Quitting smoking isn't easy—but it's easier with the right help. Join us as we partner with the American Lung Association's Freedom From Smoking® program to give you options, resources and support to quit for good!

What 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 and avoiding weight gain
- Developing a new self-image
- How to stay smoke free for good

When: Every Wednesday beginning Sept. 29 – Nov. 10, 2021

Time: 3:45 - 5:45 p.m.

Where: Robinwood Professional Center

11110 Medical Campus Road, Suite 122A
Hagerstown, MD 21742

*There is a fee of \$25 to cover the workshop handbook and class materials.

**For more information and to register,
please visit www.HealthyWashingtonCounty.com/events
or call 301-790-8964.**