

YES You can do IT!

Quit smoking for good with the *Freedom From Smoking*® Program

Create a personalized plan 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.

Topics Include:

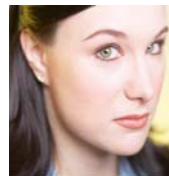
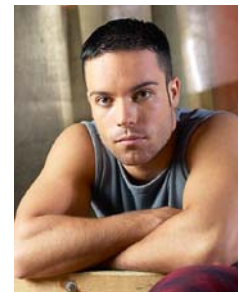
- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Staying smoke-free for good



*Student Health & Counseling
(SHAC)*

*Employee Health Promotion Program
(EHPP)*

*Campus Office of Substance Abuse
Prevention (COSAP)*



Start date: Tuesday classes starting **November 3, 2009**
Time: 4:00 pm
Location: Johnson Center, room B100

Fee: **Only \$10.⁰⁰** (\$500 value)

***Includes 4 week supply of Nicotine Patch or Gum**

For more information or to register:

STAFF/FACULTY: Rhonda@ 277-4996

STUDENTS: Jessica @ 277-7947

 AMERICAN LUNG ASSOCIATION®
Freedom
FROM SMOKING®

NEW MEXICO
DEPARTMENT OF
HEALTH