

You CAN Quit Smoking

Join the NewYork-Presbyterian Queens and The American Lung Association's eight-week quit smoking program, conveniently held at NewYork-Presbyterian Queens, 56-45 Main Street, Flushing, NY 11355.



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 8 week Cessation Program
Classes offered in January, May and September 2020
NewYork-Presbyterian Queens
56-45 Main Street, Flushing, NY 11355.

To register call (718) 670-1181 or email Anisha Rathod anr9105@nyp.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.

