

Ready to Quit Smoking? Join Us for Freedom From Smoking Class



The Village of Park Forest Health Department, Nurses Plus, is proud to offer **Freedom From Smoking®**, an eight week program produced by the American Lung Association that will provide support and skills needed to quit smoking.

A trained facilitator, who understands the unique challenges of quitting, will lead the sessions.

Registration Cost: \$50 includes all classes, book, and CD

This is an adult cessation program.

**For Questions or registration
Call Park Forest Health Department
(708) 748-1118
M-F
9am-5pm**

**And also access the Tobacco
Cessation Quitline**

**Sessions will be held on
Wednesday's May 6th to June 17th
at 7pm**

LOCATION:

**Week 1: Introduction and
Registration
Week 2: On the Road to Freedom
Week 3: Wanting to Quit
Week 4: Quit Day
Week 5: Winning Strategies
Week 6: The New You
Week 7: Staying Off
Week 8: Celebration!**

Note: 6 participants needed in order to secure class

