

Ready to quit smoking?

Seven-week *Freedom From Smoking*[®] Program



The UConn Health Center is offering two seven-week *Freedom From Smoking*[®] programs that focus almost exclusively on how to quit by providing proven skills and techniques to help you quit.

The program will:

- Prepare you to quit smoking
- Provide you with a tool box of smoking cessation techniques
- Provide personalized and continuous support

When: **Session 1 – September 4 to October 16**
Session 2 – October 1 to November 12

Time: 6 to 8 p.m.

Location: Arnold Katz, M.D. Educational Conference Room, UConn Health Center

Cost: \$50 refundable upon successful completion of the program

Facilitated by: Session 1 – Terri Seelig, R.R.T., Department of Medicine, Pulmonary Division;
American Lung Association-trained Facilitator
Session 2 – Diahann Wilcox, A.P.R.N., Department of Medicine,
Pulmonary Division; American Lung Association-trained Facilitator

For further information or to register, call 800-535-6232.

