



## You can quit smoking. We can help.

Join the American Lung Association's free eight session quit smoking program, conveniently held at **Pinellas Technical College Clearwater Campus (6100 154th Ave N., Clearwater, FL 33760) Bldg. 7 Room 495**

Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by certified facilitators (Gina DeOrsey RN and Jessica O'Connell RN), you will learn:

- How to know if you're really ready to quit
- Medication 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 smokefree for good

### Freedom From Smoking Group Quit Program starts Tuesday, January 25th

Session Name	Date	Time
<b>Session 1:</b> Thinking About Quitting	Tuesday, January 25th	5:15 PM-6:45 PM
<b>Session 2:</b> On the Road to Freedom	Tuesday, February 1st	5:15 PM-6:45 PM
<b>Session 3:</b> Wanting to Quit	Tuesday, February 8th	5:15 PM-6:45 PM
<b>Session 4:</b> Quit Day	Tuesday, February 15th	5:15 PM-6:45 PM
<b>Session 5:</b> Winning Strategies	<b>Thursday, February 17th</b>	5:15 PM-6:45 PM
<b>Session 6:</b> The New You	Tuesday, February 22nd	5:15 PM-6:45 PM
<b>Session 7:</b> Staying Off	Tuesday, March 1st	5:15 PM-6:45 PM
<b>Session 8:</b> Celebration	Tuesday, March 8th	5:15 PM-6:45 PM

**Registration is limited. Please contact Jessica O'Connell (727-588-6134 or [pcs.oconnellj@pcsb.org](mailto:pcs.oconnellj@pcsb.org)) by Wednesday, January 19th to register.**

\*Participants must be PCS benefit eligible 18+ years old

\* Earn 50 Limeade points for each session completed