

You can quit smoking. We can help.



Trust the caring and supportive quit smoking team at the American Lung Association. Hundreds of thousands have become smokefree through our Freedom From Smoking® program, which helps you create your own custom quit smoking plan:

- **Freedom From Smoking Plus** Create a quit plan, track your progress and engage with other quitters online
- **Group Clinics** Over eight sessions, quit with a group of individuals with the assistance of a facilitator
- **Self-Guided Manual** Work through your quit, on your own, at your own pace.

Lean on our network of other quitters and certified tobacco cessation experts that understand what it feels like to quit smoking.

- Chat with other quitters anytime, anywhere through our online community
- Call the Lung HelpLine to talk to a quit smoking counselor for individual attention and support

Let's plan your smokefree future together. Call us anytime at 1-800-LUNGUSA or visit Lung.org/ffs to see which option is best for you.