

# Now's the time!

Quit smoking for good with the *Freedom From Smoking*<sup>®</sup> program.

Learn how to overcome your tobacco addiction...so you can start enjoying the benefits of better health.

- Small group setting
- Fun, interactive learning environment
- Participant workbook and other informative materials provided

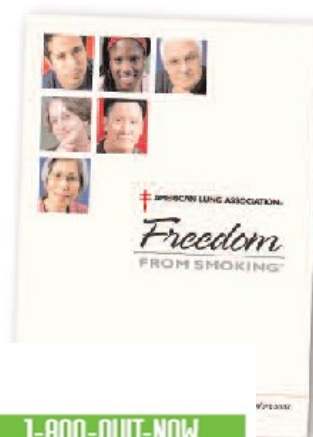
 AMERICAN LUNG ASSOCIATION.  
*Freedom*  
FROM SMOKING<sup>®</sup>



Topics include:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Staying smoke-free for good

**Free Class**  
**Free Nicotine Replacement Medications Provided by the Nevada Tobacco Quitline 1.800.Quit-Now**



 AMERICAN LUNG ASSOCIATION.

**Free 7-Week Class!**  
Starts Mondays, September 14  
Time: 2:00—3:30 PM  
Southern Nevada Adult Mental Health Services Drop-In Center

SNAMHS Drop-In Center  
6161 W. Charleston Blvd.  
Las Vegas, NV 89146

**Call 702-486-3656 to sign-up today!**

