



AMERICAN LUNG ASSOCIATION®

Freedom

FROM SMOKING®

What is Freedom From Smoking?

A FREE seven week tobacco cessation program that offers a structured, systematic approach to quitting. It has a positive focus, with an emphasis on the benefits of better health. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.

Why Freedom From Smoking?

Evaluation studies have shown that individuals who participate in Freedom from Smoking:

- Experience immediate health benefits.
- Learn to address the physical, mental, and social aspects of their addiction.
- Are six times more likely to be smoke-free one year later than those who quit on their own.
- When used in combination with smoking cessation medication, up to 60% of participants report having quit smoking by the end of the program.

Is the Freedom From Smoking program for you?

- Do you want to quit tobacco?
- Is quitting tobacco a priority for you?
- Have you tried to quit tobacco before?
- Do you believe that smoking is dangerous to your health?
- Are you committed to trying to quit even though it may be tough?
- Do you need a support system to help you quit tobacco?

If you answered **YES** to any of these questions, the Freedom From Smoking program is for you!

For more information or to enroll in a class, contact:

Otero County Health Department



Michelle Griego
Community Health Specialist

811 South 13th Street
Rocky Ford, CO 81067

Phone: (719)383-4004
Fax: (719)254-5310

Email: ochdrf1@otero.gov
Website: www.otero.gov