

## Freedom From Smoking® Really Works!

◆ People who use the program are six times more likely to be smoke-free one year later than those who quit on their own.

◆ Up to 60% of participants report having quit by the end of the program when used in combination with smoking cessation medications

To sign up or find more information, call Johnson City Housing Authority at 423.926.3225



## Freedom From Smoking Schedule of Sessions: Keystone Recreation Center Wednesdays 10:00–11:30 a.m.



- Session 1: January 24, 2018  
“THINKING OF QUITTING”
- Session 2: January 31, 2018  
“ON THE ROAD TO FREEDOM”
- Session 3: February 7, 2018  
“WANTING TO QUIT”
- Session 4: February 14, 2018  
“QUIT DAY “
- Session 5: FRIDAY, Feb. 16, 2018  
“WINNING STRATEGIES”
- Session 6: February 21, 2018  
“THE NEW YOU”
- Session 7: February 28, 2018  
“STAYING OFF”
- Session 8: March 7, 2018  
“CELEBRATION”

### When:

Beginning on January 24<sup>th</sup>, 2018, the program will be held every Wednesday at 10 a.m. and end on March 7<sup>th</sup>.

### Where:

Keystone Recreation Ctr.  
841 Pardee Street  
Johnson City, Tennessee

The program is FREE to the general public!

**Receive a \$10 gift card for participating in the first meeting.**

Registration is required.