

# Freedom From Smoking



## VIRTUAL CLASS

### WINTER SESSIONS:

Tuesdays

Jan 21 – Mar 4, 2025

5:30-7:00 p.m.

Thursdays

Feb 6 – Mar 20, 2025

10:00-11:30 a.m.

### FREE for qualifying patients.

To learn more and register, call (888) 427-7587 or visit [www.henryford.com/tobaccofree](http://www.henryford.com/tobaccofree)

## Do you want to quit?

- Is quitting a priority for you?
- Have you tried to quit before?
- Do you think smoking is bad for your health?
- Do you have other personal reasons for wanting to stop smoking?
- Are you ready to try to quit even though it may be tough?

If you said “yes” to one or more questions, you could benefit from Freedom From Smoking®!

Freedom From Smoking (FFS)® is a seven-week group class, developed by the American Lung Association, that helps you learn to overcome your tobacco addiction for better health, extra money in your pocket, and healthier relationships.

You'll learn about:

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

Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call Tobacco Treatment Services at (313) 874-1885 or email [tobaccofree@hfhs.org](mailto:tobaccofree@hfhs.org). If possible, please notify us 3 days in advance.

