

# Freedom from Smoking



Rush-Copley is proud to offer Freedom From Smoking®, a seven week program sponsored by the American Lung Association, to provide support and skills needed to quit smoking. An experienced facilitator, who understands the unique challenges of quitting, leads the sessions. The cost of the program is \$20, which is refundable upon completion of the program.

**Session 1** — Thinking About Quitting

**Session 2** — On the Road to Freedom

**Session 3** — Wanting to Quit

**Session 4** — Quit Day

**Session 5** — Winning Strategies

**Session 6** — The New You

**Session 7** — Staying Off

**Session 8** — Celebration

**2017 Program Start Dates**

January 9

April 10

September 11

November 6

**Time**

6:30 to 8 p.m.

**Location:** Waterford Place

Cancer Resource Center

1310 Waterford Drive

Aurora, IL 60504

To register for this program visit [rushcopley.com](http://rushcopley.com) or call 866-4COPLEY (1-866-426-7539).

