



Free Program

Charlotte Hungerford
Hospital



Connect to healthier.™

Freedom From Smoking®

A 7-week step by step program to help you quit smoking and transition to a smoke-free lifestyle

Ready to Quit? We can help!

NCCC LOCATION

Classes begin Tues. Oct. 9th

Two convenient times: 12noon-1:30pm &
4:00-5:30pm

Northwestern CT Community College
Joyner Health Science Center, Room #143

This American Lung Association program is designed to help smokers gain control over their behavior using a variety of evidence-based cessation techniques.

The program offers a structured, systematic approach to quitting, and its positive messaging emphasizes the benefits of better health.

Individuals who participate in Freedom From Smoking®:

- Experience immediate health benefits
- Learn to address physical, social and mental aspects of addiction
- Are more likely to be smoke free after one year
- Receive personalized attention in a supportive environment

For Information and Registration

Contact Sandy at 860-496-6538

