

# Give Yourself A *Real* Break.

## **"Quit for Life" with the Freedom from Smoking Self Help Plus Program**

*The American Lung Association's "Freedom from Smoking Self Help Plus" is a three session program taught by a respiratory therapist from Memorial. The first class helps participants identify why they smoke and motivates them to quit; class two is "quit day," and offers coping skills and reward systems; and class three provides the ex-smoker with skills to 'quit for life' including developing an exercise program and healthy eating habits.*

### **Date, Time, Place:**

Class begins Monday, June 9, 2008  
6:30 to 8 p.m.  
Cancer Treatment Center  
4000 North Illinois, Swansea



### **Information:**

Call Cancer Treatment Center at 236-1000 to make a reservation. (10 participants needed to conduct this class).