

# FREEDOM FROM SMOKING



*...the jump start you need to help you quit*

Freedom From Smoking, America's gold standard **smoking cessation program**, is a proven way to quit smoking. Let us help you gain the skills you need to stop smoking for good.

## THE PROGRAM INCLUDES:

- 7 weeks of live instruction with a trained coach
- Support from the quit-smoking specialist at the Lung HelpLine
- Access to program materials at no cost to you, including relaxation exercises
- Referral to a free supply of nicotine patches and/or gum via MD QUIT NOW



SCAN ME TO  
LEARN MORE

**REGISTER TODAY!**



[events.suburbanhospital.org](https://events.suburbanhospital.org)



**301-896-3844** to reserve your seat.

Open to patients, family, friends and area community.

**Wednesdays Sept. 18 – Oct. 30 & Friday Oct. 11**

**6 - 8 PM | 7 WEEKS, 8 SESSIONS | FREE**

**SUBURBAN HOSPITAL | 8600 OLD GEORGETOWN ROAD | BETHESDA, MD 20814**



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