

# 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

**Wednesdays March 18 – April 29 & Friday April 10**

**6 - 7:30 PM | 7 WEEKS, 8 SESSIONS | ZOOM | FREE**

**REGISTER TODAY!**



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

301-896-3844 to reserve your seat.

Open to patients, family, friends and area community.



AMERICAN  
LUNG  
ASSOCIATION®



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE