




HEALTHY LUNGS PENNSYLVANIA
We're All About Breathing®



Smoke-Free For Life

A Smoking Cessation Program
to Help You Quit and Stay Quit!



Smoke-Free For Life is an eight-session smoking cessation program developed by Healthy Lungs Pennsylvania — an organization that is committed to the prevention and control of lung disease. Smoke-Free For Life uses a group approach to quitting smoking while still focusing on the individual needs of each smoker.

By participating in Smoke-Free For Life, you will:

- Learn to overcome barriers that have kept you from quitting in the past
- Develop a customized "quit-plan" that will lead to success
- Learn the art of positive self-talk and watch it work for you
- Understand how to control your weight during and after the program
- Practice sound techniques to manage stress
- Develop strategies that will prevent relapse
- Give and receive support in a positive and comfortable environment

Key topics of this eight-session program include understanding the habit, developing a plan to quit and maintenance strategies.

For more information,
call Healthy Lungs Pennsylvania at **1-800-220-1990**
or visit www.healthylungs.org



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