



**FROM:** Carla Conrad  
Director of Tobacco and Health Programs

**DATE:** January 1, 2016

**SUBJECT:** 2016 *Smoke Free for Life* Facilitator Training

Breathe Pennsylvania is offering a facilitator training for the newly revised and updated *Smoke Free for Life* adult tobacco cessation program. *Smoke Free for Life* is a balanced evidence-based program that uses best practices to address all aspects of tobacco use and cessation. The eight session program utilizes a group approach, but focuses on the individual needs of each smoker. *Smoke Free for Life* is appropriate for a community setting as well as the workplace.

The training will be held at the Breathe Pennsylvania office in Cranberry Township on Thursday, from 9 AM until 4 PM, and Friday, from 9 AM until 12 PM. Please select your training dates below:

- March 10 and 11, 2016
- June 16 and 17, 2016
- October 13 and 14, 2016

The fee for the program is \$200, which includes all training materials and lunch on Thursday. The registration deadline is one week prior to the class. Enrollment is limited to 10. Please return this completed registration form and payment to Breathe Pennsylvania, 201 Smith Dr., Suite E, Cranberry Township, PA 16066 or by email to [cconrad@breathepa.org](mailto:cconrad@breathepa.org). Thank you for your interest in our educational programs. Please direct all questions to Carla Conrad at (724) 772-1750 or [cconrad@breathepa.org](mailto:cconrad@breathepa.org).

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**Name** \_\_\_\_\_

**Organization** \_\_\_\_\_

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