

Freedom From Smoking

AMERICAN LUNG ASSOCIATION®

Training Session for Facilitators

THE AMERICAN LUNG ASSOCIATION OF MISSISSIPPI IS LOOKING FOR EAGER INDIVIDUALS TO FACILITATE FREEDOM FROM SMOKING CLINICS IN YOUR AREA.

- Freedom From Smoking (FFS) is an eight -week tobacco cessation program for adults. Through FFS, smokers identify the reasons behind their addiction and learn proven techniques to help them quit.
- FFS group sessions allow participants to meet and draw support from others facing the same obstacles.
- As a trained facilitator you will learn to conduct group cessation programs in your communities.
- Information about FFS online, an online cessation program, will also be provided.

Date and Time:

Tuesday, September 25th (8:30am-5pm)

Location:

**Gulf Coast Medical Center
Biloxi, MS**

****Registration Fee:***

\$150

*Registration fee includes all program materials, breakfast and lunch.

To register please contact:

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