Freedom From Smoking Program

Offered by



WELLSPAN[®]

Gettysburg Hospital

in conjunction with Healthy Adams County

The "Freedom From Smoking" program, developed by the American Lung Association, is an eight-session clinic designed to help people quit smoking, fight the addiction and develop a smoke-free lifestyle.

Tuesday, January 7, 2014

Tuesday, January 14, 2014

Tuesday, January 21, 2014

Tuesday, January 28, 2014

Thursday, January 30, 2014

Tuesday, February 4, 2014

Tuesday, February 11, 2014

Tuesday, February 18, 2014

"Thinking About Quitting"

"On the Road to Freedom"

"Wanting to Quit"

"Quit Day"

"Winning Strategies"

"The New You"

"Staying Off"

"Celebration"

Location:

Gettysburg Hospital Community Room A

Time:

5:30 PM - 7 PM

REGISTRATION IS REQUESTED.

FOR MORE INFORMATION PLEASE CONTACT HEALTHSOURCE: 1-800-840-5905, (717) 851-3500 or www.wellspan.org

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WallSpan mobile app www.wellspan.org/mobile