



Are you really ready to quit smoking?

Take the quiz.

Answer these questions, then add up the number of “Yes” answers.

- Yes No Do you want to quit smoking for yourself?
- Yes No Is quitting smoking a No. 1 priority for you?
- Yes No Have you tried to quit smoking before?
- Yes No Do you believe smoking is dangerous to your health?
- Yes No Are you committed to trying to quit, even though it may be tough at first?
- Yes No Are your family, friends and co-workers willing to help you quit smoking?
- Yes No Besides health reasons, do you have personal reasons for quitting smoking?
- Yes No Will you be patient with yourself and keep trying to quit smoking if you slip or backslide?

If you answered “Yes” to four or more questions, you are ready to quit smoking.

Take the next step.

Register for the Freedom From Smoking® course at Parkview Huntington Hospital. This American Lung Association course is designed to help you achieve freedom from nicotine dependency and improve your overall health and well-being with:

- A certified facilitator who will help you develop your own long-term Freedom From Smoking plan
- Education in stress management, weight control, assertive communication skills, exercise and nicotine replacement therapy
- Step-by-step method for changing behavior and quitting smoking
- Group approach using positive thinking, alternative behaviors, one-on-one help and rewards
- Freedom From Smoking workbook

Cost: FREE for eight sessions over seven weeks; class size limited to 16 participants

Time: 5:30 – 7 p.m.

Location: Boardroom, lower level, Parkview Huntington Hospital
2001 Stults Road, Huntington

Registration: (260) 355-3209