

Start your journey today toward a Tobacco-Free Life



Register for the *Freedom From Smoking*® program.

Freedom From Smoking (FFS)®

This seven-week group class, developed by the American Lung Association, will help you learn how to overcome your tobacco addiction so you can enjoy the benefits of better health, extra money in your pocket, and healthier relationships.

You'll learn about:

- ▶ Medicines that can help you stop smoking
- ▶ Lifestyle changes that make quitting easier
- ▶ Managing stress
- ▶ Avoiding weight gain
- ▶ Developing a new self-image
- ▶ Preparing for Quit Day
- ▶ How to stay smoke-free for good

Benefits of Quitting

- ▶ Within **20 minutes** your blood pressure and heart rate drop.
- ▶ Within **12 hours** the oxygen and carbon dioxide levels in your blood return to normal.
- ▶ Within **two days** your sense of taste and smell improves.
- ▶ Within **two weeks to three months** your risk of a heart attack begins to drop and your circulation and lung function will improve, making physical activity easier.
- ▶ Within **one year** your risk of heart disease drops in half.
- ▶ Within **10 years** your risk of lung cancer drops to about half that of a smoker, and your risk of mouth, throat, esophagus, bladder, kidney and pancreas cancer also decreases.



Date: January 3 - February 14, 2012

Time: 1:30 - 3:30 p.m. (8 sessions over 7 weeks)

Location: Henry Ford Medical Center - Plymouth
14300 Beck Road, Plymouth, MI 48170

 **AMERICAN LUNG ASSOCIATION**®

Freedom
FROM SMOKING®

For more information or to register, call 313-874-1885 or 888-427-7587; visit us online at <http://www.henryford.com/tobaccofree>.
For more wellness and health promotion resources, please visit <http://www.henryford.com/communityhealth>.



VISION

Transforming lives and communities through health and wellness – *one person at a time.*