

Freedom From Smoking



Register Now!

8-week Freedom From Smoking Class

This American Lung Association program is an 8-week session designed to avoid the usual pitfalls associated with quitting smoking. The Freedom From Smoking behavior modification format provides strategies for tracking personal habits, developing coping strategies, and practicing in a supportive environment with others who are experiencing the same feelings and challenges.

November 17th, 2009 – January 5th, 2010

Every Tuesday from 5-6:30 p.m.

Blomeyer Fitness Center

5th Floor Conference Room

1525 Clifton Road, NE

Atlanta, GA 30322

Enrollment is \$50.00

Open to all Emory faculty, staff, students, patients, friends and family



Faculty Staff Assistance Program
The Emory Wellness Center
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