

**LIMITED SPOTS AVAILABLE
REGISTER TODAY!**

**ARE YOU READY TO
QUIT SMOKING?**

\$25

GIFT CARD, WORKBOOK, AND
CERTIFICATE OF COMPLETION

FOR PARTICIPANTS WHO
COMPLETE THE SERIES



**SEVEN-WEEK, EIGHT SESSION
GROUP QUIT PROGRAM**



**FREEDOM
FROM SMOKING®**

FREE FOR FULTON COUNTY RESIDENTS

**Freedom from Smoking
teaches you to:**

- Set a quit date
- Build a Quit Plan
- Learn how to stay smokefree

All Sessions from 12pm-2pm

Session 1:	Sept 14 (Tue)
Session 2:	Sept 21 (Tue)
Session 3:	Sept 28 (Tue)
Session 4:	Oct 5 (Tue)
Session 5:	Oct 7 (Thur)
Session 6:	Oct 12 (Tue)
Session 7:	Oct 19 (Tue)
Session 8:	Oct 26 (Tue)

LOCATION FOR ALL SCHEDULED SESSIONS

ADAMSVILLE REGIONAL HEALTH CENTER

3700 MLK Jr Dr SW, Atlanta 30331

REGISTRATION LINK

<https://bit.ly/377K4EN>

FOR MORE INFORMATION:

404.612.6714 SUMMER.FROST@FULTONCOUNTYGA.GOV

