

Bring health equity to your community with the American Lung Association.

Over 36 million people continue to smoke despite the fact that every year in the U.S. more than 480,000 people die from tobacco use and exposure to secondhand smoke.

A majority of smokers want to quit smoking, but smoking is an addiction and a hard one to overcome. By offering the American Lung Association's Freedom From Smoking® at your facility, you are able to enhance the benefits you offer your members. Additionally, by providing access to proven quit smoking resources, you are able to work with previously underserved populations to increase health equity in your community.



Freedom From Smoking includes:

- An eight-week group quit program for up to ten participants led by a trained facilitator.
- Access to support services through online support communities of quitters and the Lung HelpLine staffed by tobacco cessation counselors.
- An interactive, online program and self-guided manual for those individuals that need to quit smoking at their own pace.
- Support from American Lung Association staff members to implement and sustain a Freedom From Smoking at your organization.

Ranked as one of the most effective quit smoking programs in the country, Freedom From Smoking® has helped hundreds of thousands of individuals stay smokefree for good.

Visit Lung.org/ffs or call 1-800-LUNGUSA to learn more about this robust quit smoking program, and how your organization can offer this benefit to your members.

