



# You can quit smoking. We can help.

Join the American Lung Association's seven week quit smoking program, conveniently held online!

Overseen by a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smokefree for good

**Join us for 8 sessions held on the following dates in 2023:**

**Tuesdays: February 21, 28, March 7, 14**

**Thursday: March 16**

**Tuesdays: March 21, 28, April 4**

**Sessions will run from 12pm-2pm virtually via Zoom**

To register go to: <https://forms.gle/oSZQQG3yYRabf7fHA>

**Registration deadline is 2/14/2023**

**\*Cost is \$10 for the required participant handbook.**

**Call BRiDGES at 315.697.3947 for more information.**



**BRiDGES**  
STRENGTH. HOPE. COMMUNITY.

 **American  
Lung Association.**  
Freedom From Smoking.