



**You can quit smoking.  
We can help.**

The Freedom from Smoking eight-week program normally held at Cowell Family Cancer Center in Traverse City will be virtual in 2021. Join our online team and learn how to finally quit smoking for good.

This program has a proven track record – hundreds of thousands of people have become smoke-free through this group clinic, which offers a structured, systematic approach to quitting.

Overseen by a certified facilitator, you will learn:

- How to know if you're 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 and avoiding weight gain
- How to stay smoke-free for good

**Fifty Percent Report Success After Six Months**

One in every two registrants (50%) reported successfully quitting smoking after completing this program in 2018. Nearly one in three 2017 participants (32%) remain smoke-free after a full year, beating the American Lung Association's national one-year quit rate of 28%.

## Freedom from Smoking Online Group Quit Program

### Online Dates:

#### Session one

January 4, 5 - 6 pm

#### Session two

January 11, 5 - 6 pm

#### Session three

January 18, 5 - 6 pm

#### Session four

January 25, 5 - 6 pm

#### Session five

February 1, 5 - 6 pm

#### Session six

February 8, 5 - 6 pm

#### Session seven

February 15, 5 - 6 pm

#### Session eight

February 22, 5 - 6 pm

Cost of the program is \$25 for printed materials. Some scholarships are available.

To register, visit our website [munsonhealthcare.org/freedom-from-smoking](https://munsonhealthcare.org/freedom-from-smoking), call 231-392-8487, or email [pmoore4@mhc.net](mailto:pmoore4@mhc.net)