HELP ADULT SMOKERS QUIT

BECOME A FREEDOM FROM SMOKING® FACILITATOR

The American Lung Association is pleased to offer Freedom From Smoking® facilitator trainings for those who are interested in helping adults quit smoking and break their tobacco dependence. This gold standard training program will prepare individuals to conduct an eight-session group program using the respective curriculum and materials. Freedom From Smoking is designed to help tobacco users understand their addiction to tobacco and give them tools to make quitting easier.

FREEDOM FROM SMOKING FACILITATORS MUST MEET THE FOLLOWING CRITERIA:

• Have not used any tobacco product in the last year including e-cigarettes and hookah.
• Be experienced in and comfortable with conducting group programs.
• Attend the entire 1-day Freedom From Smoking training workshop.
• Complete the Facilitator’s Agreement Form and abide by the Agreement.
• Conduct at least one workshop every three years.

WHEN: March 24, 2020
9:00 a.m. – 4:00 p.m.
Limited to 10 participants

WHERE: Mount Alverno Center
Greenbrier Room
20 Grand Street
Warwick, NY 10990

Register online at Action.Lung.org/ffs-wmchealthpps

These trainings are free to participants invited by WMC Health PPS. Space is limited to 10 participants per training. All participants will receive a copy of the Freedom From Smoking facilitator guide, a sample participant workbook with relaxation CD, additional resources/information, certificate of participation and access to the Freedom From Smoking Facilitator’s website. Lunch will be provided.

For program information and registration, contact:
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