



Serving Lee County Since 1947

Freedom From Smoking is a seven week program developed by the American Lung Association that encourages individuals to work on the process of quitting smoking, both as an individual and as a group. Group interaction is a critical part of the program. The facilitator does not lecture on the dangers of smoking or use other scare tactics. The program is designed to focus on quitting and staying smoke-free.

Throughout the course, different techniques are used to support the quitting process. The techniques are based on psychological principles and methods that help individuals gain control over their behavior. All the techniques, tips and tools are described in detail throughout the program.

Freedom From Smoking classes are typically offered twice a year, usually in the spring and fall. Please check back to see when our next class will be offered or contact us at 815-284-3371.

Freedom From Smoking clinics are also available to worksites for a fee. If interested, contact Lora Fassler at 815-284-3371 ext. 128 for more information.