



Are you ready to give up smoking for good?

American Lung Association

Freedom from Smoking Program

- A FREE 7-week course by a trained facilitator
- Participants need not qualify for TFC's services
- Program includes group support and a "quit-kit"
- Small group setting provides a fun learning environment
- Snacks provided!

Tuesdays from 5:30-7:00pm
Jan. 20-March 3, 2015

Sign up today!



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