



Ready to quit smoking? We're here to help! Join us for the tools, resources, and support you need!

## **New Sessions Starting Every 2 Weeks!**

**Session 1—Thinking About Quitting**

**Session 2—On the Road to Freedom**

**Session 3—Wanting to Quit**

**Session 4—QUIT DAY!**

**Session 5—Winning Strategies**

**Session 6—The New You**

**Session 7—Staying Off**

**Session 8—Celebration**

### **Freedom From Smoking® Group Clinics**

- Small in-person group setting offers personalized attention and peer support
- 7-week program gives participants time to prepare to quit and practice being a nonsmoker in a supportive environment

---

For more information or to register, contact:  
[askbhb@bethlehem-pa.gov](mailto:askbhb@bethlehem-pa.gov) or 610.865.7083



This project is funded through a grant from the PA Department of Health.