



FREEDOM FROM SMOKING SUPPORT GROUP

MONDAY, FEBRUARY 12, 2024 FROM 5:30-7:30 P.M.*

Presented by Erica Williams, RN, Kaytee Ivison, RN, and Becky Loomis, RN

Ready to quit smoking? Hundreds of thousands are smoke-free through the American Lung Association's Freedom From Smoking®, and a new Group Clinic is starting February 2024. Over the course of seven weeks, you will work with other people quitting smoking and a trained facilitator to set a quit date, build a quit plan, and work through your first few months smoke-free.

In addition to the Group Clinic, Freedom From Smoking® Plus is an interactive online program that can be accessed anytime, anywhere. Call the American Lung Association's Lung HelpLine at 1-800-LUNGUSA or visit Lung.org/ffs to choose the program that works best for your unique quit journey.

To sign-up for this program, contact Becky Loomis, RN at (517) 975-8030 or email becky.loomis@mclaren.org. This program is supported by the McLaren Greater Lansing Foundation.



Support Group held at:
Karmanos Cancer Institute Community Room

The Community Room is located in the Karmanos Cancer Institute at McLaren Greater Lansing's Health Care Campus located at 3520 Forest Rd. Use the Cancer Center entrance off of Forest Road.

*The freedom from smoking support group is seven week course. This course will complete on March 25, 2024.