

# FREEDOM FROM SMOKING.



## FALL CLASSES - Tuesdays

**DETROIT, Oct. 3 – Nov. 21**  
**3:00-5:00 p.m.**

Henry Ford Health System Corporate  
Offices, 1 Ford Place

**STERLING HEIGHTS, Sept. 26 – Nov. 7**  
**5:30-7:00 p.m.**

Henry Ford Optimeyes Super Vision  
Center – Lakeside, 44987 Schoenherr

# FREE

to HAP HMO, AHL and Senior Plus  
members and HFHS employees. All  
others, call for discounted rates.

\$20 materials fee due on registration.

- Do you want to quit?
- Is quitting a priority for you?
- Have you tried to quit before?
- Do you think smoking is bad for your health?
- Do you have other personal reasons for wanting to stop smoking?
- Are you ready to try to quit even though it may be tough?

If you said “yes” to one or more questions, you could benefit from Freedom From Smoking®!

**Freedom From Smoking (FFS)®** is a seven-week group class, developed by the American Lung Association, that helps you learn to overcome your tobacco addiction for better health, extra money in your pocket, and healthier relationships.

You'll learn about:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Preparing for Quit Day
- How to stay smoke-free for good

Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call Tobacco Treatment Services at (313) 874-1885 or email [tobaccofree@hfhs.org](mailto:tobaccofree@hfhs.org). If possible, please notify us 3 days in advance.

† AMERICAN LUNG ASSOCIATION.

*Freedom*  
FROM SMOKING®

To register, call (888) 427-7587  
or visit [www.henryford.com/tobaccofree](http://www.henryford.com/tobaccofree).



all for you