

# Freedom from Smoking class starts October 17

Do you want to quit tobacco but need help and support? Have you tried to quit before unsuccessfully? Increase your chances of quitting for good with the Freedom from Smoking program. The next Freedom from Smoking program starts October 17, and is open to employees and their significant others. Continue reading to learn more.

## A unique program that works

Freedom from Smoking is a unique program based on proven addiction and behavior change models. The program offers a structured, systematic approach to quitting. It has a positive focus, with an emphasis on the benefits of better health. Because no one cessation technique is effective for everyone, participants learn a wide variety of evidence-based cessation techniques. Participants address the physical, mental, and social aspects of their addiction.

Freedom from Smoking features:

- A small group setting that provides peer support and personalized attention
- A variety of quit techniques that allows participants to create a quit plan that works for them
- An evidence-based approach that increases chances of success
- A self-help manual that compliments group sessions

The Freedom from Smoking program has been proven effective. Participants who complete the program are six times more likely to be smoke free one year later than those who quit on their own.

## When and where

Freedom from Smoking is a seven-week program starting Tuesday, October 17. Here are the specifics:

- Location: Education Building, Room 37
- Program Length: 7 Weeks (Note: there are two meetings during Week Four)
- Start Date: October 17, 2017
- End Date: December 5, 2017
- Meeting Day and Time: Tuesdays, 5:15 pm - 7:15 pm (Note: there will also be a meeting on Thursday during week Four)

## How to sign up

For more information or to register contact Campus Wellbeing Services at [wellbeing@illinois.edu](mailto:wellbeing@illinois.edu) or 265-9355.

