

Announcing Trinity's NEW Smoking Cessation Program

UnityPoint Health - Trinity & the American Lung Association's Freedom From Smoking® program gives individuals options, resources and support to quit for good!

Freedom From Smoking® helps individuals develop a plan of action that leads to his or her quit day. Patients will also get the support they need to remain smoke free for life!

About the Program

- Taught by certified facilitator
- 8 - weekly classes
- 90 minute classes
- Cost is \$65 for program
- Held at Trinity Moline campus (Quarterly)



For more information
and/or to register call
Trinity's Wellness
department at
(309) 779-3700

What Patients Will Learn

- How to know if you're ready to quit
- Lifestyle changes to make quitting easier
- Developing a new self-image
- Coping strategies for managing stress and avoiding weight gain
- How to stay smoke free for good
- How to prepare for your quit day
- Medications that can increase your success

FREEDOM 
FROM SMOKING®

 **UnityPoint Health**