



Are you ready to quit? Here's help!

Spring 2009 Smoking Cessation Classes – No Cost

The American Lung Association **Freedom From Smoking®** Program is a seven-week program featuring a realistic approach, offering information and techniques for conquering the three ways smokers are linked to cigarettes: addiction, habit and psychological dependence.

Classes Offered by Montgomery Hospital

Begin Tuesday, April 14

Place: Norristown Library, Norristown

Time: 4:30 – 6 PM

Call Stephanie at 610-270-2001 for more information

Classes Offered by Mercy Suburban Hospital

Begin Tuesday, April 14

Place: Mercy Suburban Hospital, East Norriton

Time: 7 PM

Location: To be Determined

Call Lynn at 610-270-8390 for more information

Classes Offered by Abington Hospital

Begin Monday, March 16

Place: AMHC-Schilling Campus, Willow Grove

Time: 7- 9 PM

Call Marilyn at 215-481-8950 for more information