

HELP ADULT SMOKERS QUIT

BECOME A FREEDOM FROM SMOKING® FACILITATOR

The American Lung Association, in coordination with Westchester Medical Center PPS, is pleased to offer **Freedom From Smoking®** facilitator trainings for those who are interested in helping adults quit smoking. This gold standard training program will prepare individuals to conduct an eight-session group program using the respective curriculum and materials. Freedom From Smoking is designed to help smokers understand their addiction to tobacco and give them tools to make quitting easier.

FREEDOM FROM SMOKING FACILITATORS MUST MEET THE FOLLOWING CRITERIA:

- Have not used any tobacco product in the last year including e-cigarettes and hookah.
- Be experienced in and comfortable with conducting group programs.
- Attend the entire 1-day Freedom From Smoking training workshop.
- Complete the Facilitator's Agreement Form and abide by the Agreement.
- Conduct at least one workshop every three years.

WHEN: Friday, June 15, 2018
8:30 AM – 5:00 PM
Limited to 10 participants

WHERE: Hudson River Housing
313 Mill Street
Poughkeepsie, NY 12601

Register online at
Action.Lung.org/Poughkeepsie-FFS

These trainings are free to participants invited by WMC Health PPS. Space is limited to 10 participants per training.

All participants will receive a copy of the Freedom From Smoking facilitator guide, a sample participant workbook with relaxation CD, additional resources/information, certificate of participation and access to the Freedom From Smoking Facilitator's website. Each participant will also receive a box of 10 workbooks and CDs in order to conduct a Freedom From Smoking clinic. Lunch will be provided.

For program information and registration, contact:

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