

1. **Small Group Classes**

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses on how to quit, not why to quit.

* The Freedom From Smoking® group clinic consists of eight sessions, nicotine replacement therapy (patches or gum), and workbooks, all provided for FREE.
* **Please register in advance.** Call ***270-487-6782*** or email your information to [dysheld.thompson@ky.gov](mailto:dysheld.thompson@ky.gov)
* **Next class begins Tuesday, March 5, 2019, 3pm at Monroe County Health Department**

1. **Coaching by Telephone**

Expert coaches help you plan for dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. When you sign up you get special tools, resources, and information about how to stop smoking. Your coach will work with you to schedule short phone calls at times that work for you. Call **1-800-QUIT NOW (1-800-784-8669)** to ask questions and get started.

1. **Online Coaching**

**Quit Now Kentucky** is an online stop smoking program for to Kentucky residents 15 years and older. When you sign up you get special tools, help from quit smoking coaches, resources, and connections to other people working to become tobacco free. Expert coaches help you plan for dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. Go to [www.quitnowkentucky.org](http://www.quitnowkentucky.org) to learn more.



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