Freedom From Smoking Clinic

Join the American Lung Association's 7 week quit smoking program, conveniently held at the Desert AIDS Project. Hundreds of thousands of people have become smoke free through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by a certified facilitator, you will learn:

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

New groups start 3 times per year.

Are you ready to take the next step? Register to join the next cohort!

Desert AIDS Project

For questions or to enroll in the program, contact Cory Pulver at
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