



EXTENSION

1890 LAND-GRANT INSTITUTION

Ready to quit tobacco products? We can help.



Freedom From Smoking (FFS)TM

The Freedom From Smoking program[®] (FFS) is a group tobacco cessation program developed by American Lung Association. This program is designed to help people become tobacco free. Join us for a one hour introduction about the class.

Classes are taught by FFS[®] certified Central State University Extension educators. **Topics include:**

- Health benefits of quitting smoking
- Lifestyle changes that support quitting smoking
- Quit-smoking medications
- The ways to help your friends quit smoking
- Skills to manage urges and cravings to smoke
- Stress management techniques
- Strategies to prevent smoking relapse
- Weight management techniques

Join Central State University Extension's FFS[®] group tobacco cessation program to become a non-smoker!



United States Department of Agriculture
National Institute of Food and Agriculture
LiveMemorialWell
LEARN EAT MOVE SHARE

Date: April 25

Time: 10:00am-12:00pm or 1:00pm-3:00pm

Location: *This is a virtual Program we will send you a link once registered. *

Cost: FREE

To Register:
Scan QR Code or
Visit <https://bit.ly/FFSintro>



Questions?

Email Beverly Farmer at bfarmer@centralstate.edu
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Or call Leslie
(740)-541-2714

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