

YES, YOU CAN QUIT SMOKING. FOR GOOD!

The American Lung Association's popular smoking cessation program is available online at ffsonline.org!

Freedom From Smoking® Online
ffsonline.org

This self paced online program is intended for adult smokers who prefer this method of learning.

FFS online is offered in a basic and premium format. Both are complete smoking cessation programs and offer 24 hour access to learning modules.

Basic program

Free of charge
8 Modules
Complete Cessation Program

Premium program

\$15/3 Month Membership or \$40/year
Membership
8 Modules (Lessons within each Module)
Complete Cessation Program
Message Boards for Participants
Downloadable Relaxation Exercises
Other Social Networking Capabilities
Bi-weekly Motivational Messages



Experience the benefits of quitting smoking. Join FFS online today and learn how to become smoke-free!
For more information, visit ffsonline.org or call your local American Lung Association at **1-800-LUNG-USA**.
If you prefer to speak to a tobacco cessation counselor, please call the Helpline/
Tobacco Quitline at **1-800-LUNG-USA (Option 2)** or **1-800-548-8252**.