



How To Help People Quit



The **American Lung Association's How To Help People Quit** training is a free, one-hour online course that includes four interactive learning modules designed to further enhance understanding of the Lung Association's core beliefs about tobacco cessation, as well as understanding behavior changes, interventions and treatment needed to help people quit for good.

Become a lung champion and complete this course to be a navigator of the cessation process, increase effective quit attempts, lead efforts towards fostering healthier tobacco-free generations and further build tobacco-free communities.

Register today at
[Lung.training](https://lung.training).

For more than 120 years, the American Lung Association has been the champion of healthy lungs and healthy air. **Today, our work is more important than ever.**

Questions?

Contact
FreedomFromSmoking@Lung.org
for more information.

