



**Mental Health  
Association**

*in Orange County, Inc.*



**AMERICAN  
LUNG  
ASSOCIATION®**

Hudson House: a Program of the Mental Health Association in Orange County Inc. presents:

## **The American Lung Association's Freedom From Smoking program.**

Facilitated by Larry Neumann, American Lung Association: Freedom From Smoking Facilitator

Located at Hudson House, 245 Broadway, Newburgh, NY 12550

Session 1: Wednesday, January 16 at 10:30am-12:00pm

Session 2: Wednesday, January 23 at 10:30am-12:00pm

Session 3: Wednesday, January 30 at 10:30am-12:00pm

Session 4: Wednesday, February 6 at 10:30am-12:00pm

Session 5: Thursday, February 7 at 3:00pm-4:30pm

Session 6: Thursday, February 14 at 10:30am-12:00pm

Session 7: Wednesday, February 20 at 10:30am-12:00pm

Session 8: Wednesday, February 27 at 10:30 am-12:00pm

The Freedom From Smoking group is eight, in-person sessions led by a certified facilitator with a small group. The program features a step-by-step plan for quitting smoking and each session is designed to help smokers gain control over their behavior. Because no single quit smoking plan is right for all smokers, the program presents a variety of evidence-based techniques for individuals to combine into their own plan to quit smoking. The clinic format also encourages participants to work on the process and problems of quitting both individually and as part of a group.

Please contact Hannah Quick at (845)565-8575 for registration, more information or if you need SPECIAL ACCOMMODATIONS.

Learn more at [www.lung.org](http://www.lung.org)

