

# Freedom From Smoking



## The Program

Want to be free from nicotine but don't know where to start? AdventHealth Shawnee Mission offers the Freedom From Smoking® program. This seven-week, eight-session group program was developed by the American Lung Association and is one of the most successful quit programs available. A trained instructor will provide the extra support you need to kick your habit for good. This program will teach you how to change your behavior and become smoke-free for life.

You'll get special attention to help you:

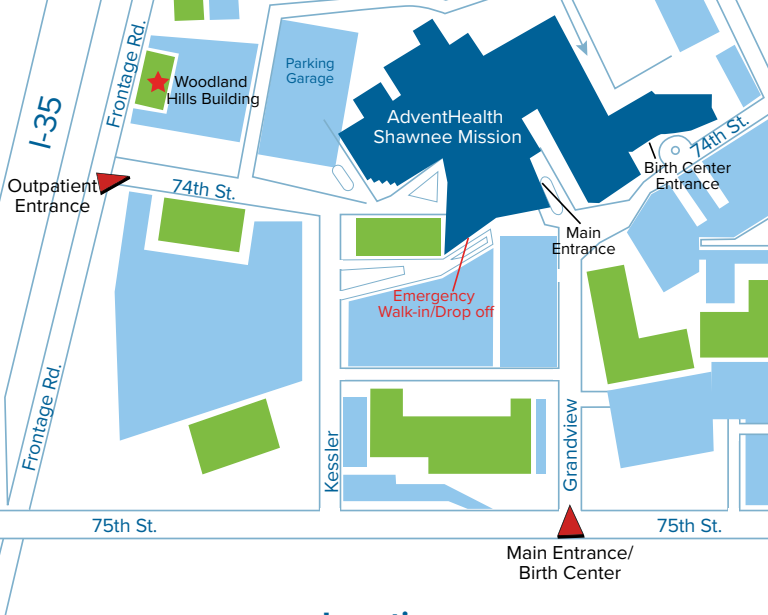
- Develop your own quitting plan
- Fight urges to smoke
- Combat recovery symptoms
- Control your weight
- Manage stress through relaxation techniques.

## Details

Meetings are held Mondays, 5:30 to 7:30 pm. There is an additional meeting during Quit Week. Meetings are held in the Woodland Hills Building on the AdventHealth Shawnee Mission campus.

Registration is required.

Cost is \$35 for materials.



## Location

AdventHealth Shawnee Mission  
Woodland Hills Building, 7315 E. Frontage Road  
Shawnee Mission, KS 66204

**Registration is required. Register at [AdventHealthKC.com/wellness](https://www.adventhealthkc.com/wellness). For more information, call AdventHealth Class Registration at 913-676-7777 (option 2) or email [classregistration@adventhealth.com](mailto:classregistration@adventhealth.com).**



  
**Advent Health  
Wellness**

**AdventHealth Shawnee Mission**

7315 E. Frontage Road | Shawnee Mission, KS  
913-676-6848 | [AdventHealthKC.com/wellness](https://www.adventhealthkc.com/wellness)

AdventHealth Shawnee Mission complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

800-906-1794 (TTY 407-200-1388)

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