

Freedom

FROM SMOKING®

- PREMIUM**, *fee-based membership*
(Includes: customized resources, podcasts, videos,
social networking & more)
3 month: \$15.00
1 year: \$40.00

- BASIC**, FREE *membership*

Visit www.ffsonline.org

Freedom From Smoking ONLINE is an interactive course designed to educate & modify the behavior patterns of smokers.

Freedom From Smoking ONLINE can be accessed day or night, seven days a week, on any schedule the participant chooses. The online program is based on developing positive behavior change, building a support network and focusing on effective relaxation and weight-loss strategies after quitting.

