



**FREE
Program
to
Stop Smoking**

**Offered to Students by
The College of Charleston and**



Freedom From Smoking Program

A Series of 8 Classes on Wednesdays

February 26 to April 16

March 26 is the “Quit Date”

Additional Meeting, March 28

Time: 3:30 pm – 5:00pm

Certified American Lung Association “Freedom From Smoking” Facilitators

Alena Foresman, Counseling and Substance Abuse

Linda McClenaghan, Human Resources (ex 3 pack a day)