

You can quit smoking. We can help.

Join the American Lung Association's seven-week quit smoking program, conveniently held at the Putnam County Department of Health, 1 Geneva Road, Brewster, NY 10509.

Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smokefree for good



Freedom From Smoking Group Quit Program

First class starts Wednesday, October 29, 2025 from 6:00pm to 7:30pm

Class dates are as follows:

Wed Oct 29, 2025

Wed Nov 5, 2025

Wed Nov 12, 2025

Wed Nov 19, 2025

Fri Nov 21, 2025

Wed Nov 26, 2025

Wed Dec 3, 2025

Wed Dec 10, 2025

Open to the public over 18 yrs old.

Classes run for 7 weeks (total of 8 classes) Please click on link below for complete schedule or scan the QR code.

<https://FreedomFromSmokingOct2025.eventbrite.com>

Program Facilitators:

Alexa Contreras and Victoria DiLonardo from the Putnam County Department of Health

For more information contact: (845) 808-1390

Alexa Contreras ext. 43155 or email Alexa.Contreras@putnamcountyny.gov

Victoria DiLonardo ext. 43125 or email Victoria.DiLonardo@putnamcountyny.gov

Visit Lung.org/ffs for more information about the program or our online Freedom From Smoking® Plus if a Group Clinic isn't right for your quit.

