



# Freedom From Smoking<sup>®</sup>

## *Facilitator Training*

**October 27, 2016 | 8:00a.m. - 4:30p.m.**

Bowling Green , KY  
1109 State Street  
Barren River District Health Department  
2<sup>nd</sup> Floor Conference Room  
Parking behind the HD  
across from First Christian Church

### **Register:**

By contacting Tami Cappelletti  
(502)363-2652 or [tami.cappelletti@lung.org](mailto:tami.cappelletti@lung.org)  
[lisa.houchin@barrenriverhealth.org](mailto:lisa.houchin@barrenriverhealth.org)

**Space is limited, Registration Deadline: October 20, 2016**

ALA reserves the right to cancel training should minimum number of registrants not be met

Includes: FFS Facilitator Guide, certificate of course completion, continental breakfast and lunch on training day

*\*non-refundable unless training canceled by ALA*

### **About Freedom From Smoking<sup>®</sup>**

Freedom From Smoking is a Comprehensive smoking cessation program designed to offer the group support and encouragement many need to quit smoking for good. FFS is an 8 session program, and uses an addiction-based model to help smokers understand their addiction and ways to break the habit. Participants are encouraged to use Nicotine Replacement Therapies and other medications as a component of the program. Cost includes comprehensive training manual, lunch and other American Lung Association resource materials.