



# Freedom From Smoking® Facilitator Training

October 6, 2016 | 8:00a.m. - 4:30p.m.

LaGrange, KY  
Oldham County Health Dept.  
1786 Commerce Parkway  
Community Engagement Center Right Side of Bldg. Parking on Right and in back of HD

## Register:

by contacting Tami Cappelletti  
(502)363-2652      [tami.cappelletti@lung.org](mailto:tami.cappelletti@lung.org)  
Or Liz Burrows [elizabethf.burrows@ky.gov](mailto:elizabethf.burrows@ky.gov)

**Space is limited, Registration Deadline: Sept. 29, 2016**

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

**Registration: \$100.00/ person**

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®

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.