

Program Accreditation

- Freedom From Smoking (FFS) was ranked the most effective smoking cessation program in a study by Fordham University Graduate School of Business.
- Individuals who participate in FFS learn to address their physical, psychological, and social aspects of their addiction, and are six times more likely to be smokefree one year later than those who quit on their own.
- “I wish I would have gone through FFS sooner.” -Cathy
- “FFS saved my life. I am eternally grateful to the American Lung Association.” -Glady



For more information, please visit our website at:

<http://www.lungoregon.org/index.html>

Our Mission:

To save lives by improving lung health and preventing lung disease



7420 SW Bridgeport Road. Suite 200
Tigard, OR. 97224

Phone: (503) 718-6146
Fax: (503) 924-4120
E-mail: healthinfo@lunghealth.org



Help individuals overcome their addiction and enjoy the benefits of better health.

Facilitator Training Dates:

September 16th & 17th, 2010

January 27th & 28th, 2011

May 19th & 20th, 2011

About the Program

- Freedom From Smoking (FFS) provides a supportive and structured approach to quitting smoking delivered in a small group setting, up to 16 people.
- FFS includes a variety of evidence-based cessation practices.
- The program is delivered over the course of eight sessions; during which the participant's are introduced to the following key stages:
 1. Preparation phase: Laying the foundation for success.
 2. Quit day: Affirming the decision to quit.
 3. Maintenance phase: Providing skills and support to stay smoke free.
- The ultimate goal is to help individuals overcome their addiction and enjoy the benefits of better health.

Training

- Attendance is required both days (Thursday–Friday)
- Each training will be held at ALAO 7420 SW Bridgeport Road, Suite 200. Tigard, OR. 97224.
- Day One 8:30 AM– 4:30 PM. Learn the program.
- Day Two 8:30 AM– 12:30 PM. Facilitation of the program.

Price:

- The cost of the training is \$350 and includes two breakfasts, one lunch, facilitator materials, and ten participant handbooks for the first class.

Registration Return To:

Beverly Stewart, CHES, AE-C
Lung Health Manager
Email: Beverly@lungoregon.org
Phone: (503) 718-6146
Fax: (503) 924-4120

Registration

Name: _____

Title: _____ Company: _____

Address: _____

City/State: _____ Zip: _____

Day Phone: _____

E-mail: _____

Pick your Training Date:

September 16th & 17th, 2010

January 27th & 28th, 2011

May 19th & 20th, 2011

I am enclosing payment by check

I am enclosing payment by credit card

(Mastercard or Visa)

Credit Card Number: _____

Signature: _____

Name as it appears on card (please print)
