



**Vitruvian Health**

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INFORMATION

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## **Peoples Cancer Institute continuing Freedom from Smoking Program**

**DALTON, Ga. (January 13, 2025)** – Peoples Cancer Institute at Hamilton Medical Center will host its next American Lung Association seven-week Freedom from Smoking Program beginning on Tuesday, Feb. 11 from 11:30 a.m. to 1 p.m.

The weekly sessions will run through March 25. Participation will be in person at the Peoples Cancer Institute Conference Room. A free box lunch will be provided for those who attend in person.

The program is overseen by an American Lung Association certified facilitator and will include the following topics: 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 and avoiding weight gain, and how to stay smoke-free for good.

The registration fee is \$15 for the entire series and is fully refundable for individuals who complete all seven sessions. To RSVP, visit [VitruviannHealth.com/quit](http://VitruviannHealth.com/quit). For more information on the program, visit [Lung.org/fff](http://Lung.org/fff). If you have questions, please email Brianna Cheever at [bbcheever@hhcs.org](mailto:bbcheever@hhcs.org) or call Ken Waddell at 706-217-2015.

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