

**We support the
quitter in you.**



American Lung Association in Hawai`i (ALA-Hawai`i)

Freedom From Smoking[®] (FFS) Online program: Access to free services (8 modules & 4 handouts) and opportunity to upgrade to Premier FFS Online at \$15/3 months & \$40/1 year: www.ffsonline.org

Freedom From Smoking[®] (FFS) Self Help Programs Booklet & CD (FREE: First come, first served!)

Oahu (808) 537-5966

Neighbor Islanders Call 1-800-LUNG-USA (586-4872)

Freedom From Smoking[®] (FFS) Clinic

8 Sessions (1.5 hrs.) 12 Sessions (1 hr) Sliding Scale: \$0 to \$100.00

Groups available for MISA, Workplace & Community

Oahu (808) 537-5966

Big Island (808) 935-1206 **Maui** (808) 244-5110

Nicotine patches are available for those who qualify &
Enrolled in the FFS Clinic (Limited Supply)

Lung HelpLine: 1-800 LUNG-USA (586-4872)

Speak to someone directly or [submit a question online](http://www.ffsonline.org) (www.ffsonline.org). It's our mission to provide detailed and accurate answers to your questions about:

**Smoking Cessation → Lung Cancer → Emphysema →
Asthma → Allergies → Environmental Health**

ALA-Hawai`i Website: www.ala-hawaii.org