

Registration

WHEN: 2-Day Workshop
Dec. 1, 9am-4pm and Dec. 2 9am-2pm

WHERE: Garden Park Medical Center
5200 Community Road
Gulfport, MS 39503

\$400.00 – Lunch Provided
Non-Smokers and Ex-Smokers Only

Name _____

Employer _____

Position _____

Work Address _____

City _____

State/Zip Code _____

Work Phone _____

Home Address _____

City _____

State/Zip Code _____

E-mail _____

How do you plan to use the FFS program?

Please e-mail or mail this form to:
Amy Ellis, American Lung Association
aellis@breathehealthy.org
731 S. Pear Orchard Rd, Suite 18
Ridgeland, MS 39157

For payment options:
Call Amy at 601-206-5810 x30.

Registration due 10 days prior to training date.
Payment must be received by December 1.
No refunds unless workshop is canceled.

AMERICAN LUNG ASSOCIATION®
731 S. Pear Orchard Rd, Suite 18
Ridgeland, MS 39157

AMERICAN LUNG ASSOCIATION®
Freedom
FROM SMOKING®



FREEDOM FROM SMOKING
Facilitator Workshops

Gulfport, MS
December 1-2, 2010

Help people say goodbye to smoking forever!

FREEDOM FROM SMOKING

Facilitator Workshop



FREEDOM FROM SMOKING

Freedom From Smoking is a proven, intensive, group-based method to help individuals quit smoking. The seven-week behavior modification program helps smokers understand their smoking addiction, builds the motivation to quit, and provides the support needed to stay quit. The psychological principles and methods used help the individual gain control over his or her behavior, which makes quitting a less stressful experience. The clinic program also includes counseling on diet, exercise, stress management and relaxation techniques.

PHILOSOPHY OF APPROACH

Smoking is a learned addiction that becomes automatic. Quitting is a process during which individuals must consciously (and conscientiously!) unlearn the automatic behavior of smoking and substitute new healthy alternatives.

FACILITATOR TRAINING

Any health care professional who has contact with patients who smoke would benefit from this training. The American Lung Association provides the skills facilitators need to motivate smokers to successfully complete the process of becoming a non-smoker. We teach techniques to positively influence patients' behavior and improve the quality (and perhaps length) of their lives.

† AMERICAN LUNG ASSOCIATION®

FREEDOM FROM SMOKING Facilitator Requirements

1. Experience working with groups
2. Knowledge of smoking and health facts
3. Ex-smoker or non-smokers with a strong feeling of empathy for clinic participants
4. Commitment to follow FFS program
5. Comfortable in stressful situations
6. Dependable
7. Enthusiasm and sense of humor

For more information, please contact:

Amy Ellis

American Lung Association

601-206-5810 x30, aellis@breathehealthy.org

Freedom From Smoking can be promoted in the community or implemented as a workplace program. Approved facilitators may provide the program in their workplace or community.

Community Program

For community based implementation, the seven-week program begins with an orientation followed by seven, two-hour weekly sessions. The evening meetings are held in a central location and widely promoted across the community.

Workplace Program

In the workplace, the program begins with a motivational orientation followed by weekly sessions. The workplace sessions are modified to a one-hour format encouraging "homework" to reinforce concepts and during "Quit Week" the participants meet twice. These changes shorten the program to six weeks to better fit the workplace environment.

Independent Facilitators

In addition to looking for facilitators who will conduct **Freedom from Smoking** Clinics within their own organizations or institutions, The American Lung Association is also interested in building a corps of independent **Freedom From Smoking** paid contractors to conduct clinics, either day or night, at various locations, throughout local communities.