

**You can quit smoking.
We can help.**

Trust the experts that
have helped thousands
become smokefree.



Freedom From
Smoking®
Program at
DAP



Quitting smoking isn't easy—
but it's easier with the right
help. The American Lung
Association's Freedom From
Smoking® program gives you
options, resources and support
to quit for good!

New groups start 3 times per
year. Are you ready to take the
next step? Register to join the
next cohort!

For questions or to enroll, contact Cory
Lujan at (760) 992-0469
clujan@daphealth.org