

# You Can Quit

## We can help.

FMH offers the Freedom From Smoking Program developed by the American Lung Association. The seven-week program includes sessions held on consecutive Mondays (evenings available upon request).

If you're ready to quit, we're ready to help.

To register, please contact  
Shanna Figgins at 240-566-3622  
or [kickbutts@fmh.org](mailto:kickbutts@fmh.org)

