



**FREE  
Program  
to  
Stop Smoking**

**Offered to Students by  
The College of Charleston and**



**Freedom From Smoking Program**

**A Series of 8 Classes on Wednesdays**

**February 26 to April 16**

**March 26 is the “Quit Date”**

**Additional Meeting, March 28**

**Time: 3:30 pm – 5:00pm**

**Certified American Lung Association “Freedom From Smoking” Facilitators**

Alena Foresman, Counseling and Substance Abuse

Linda McClenaghan, Human Resources (ex 3 pack a day)