

# LIVE FREE, SMOKE-FREE

## 6-week Smoking Cessation program

Live Free, Smoke Free is a course designed to help participants end addiction to tobacco. This 6-week course meets three times a week on Mondays, Wednesdays, and Fridays. The course incorporates a multi-disciplinary approach addressing the most difficult challenges for those who have decided to quit smoking. Participants will develop new healthy habits to assist them in transitioning to a smoke-free life.

The course is taught by a Smoking Cessation Facilitator certified through the American Lung Association and who is also a Registered Respiratory Therapist and Respiratory Care Practitioner.

Participants will meet weekly with a registered dietitian and exercise physiologist, and exercise will be incorporated into each session.

Physician referalls are **not** required to participate in this program.

Program cost is **\$40** for the entire 6-week course.

Patients will be required to sign a waiver before beginning the program.

**The first 6-week course starts Monday, February 1, 2016.**

**To register, call:**  
Cardiac & Pulmonary Rehab  
**(828) 286-5053**  
or  
**(828) 286-5441**



RUTHERFORD REGIONAL  
HEALTH SYSTEM

***Cardiac & Pulmonary Rehab***