

Freedom From Smoking 6 Week Program

Freedom From Smoking is a six-week program that will give you the tools you need to quit smoking for good. Each one-hour class is led by a trained facilitator in a small group setting, and you will receive a workbook and other informative materials along with free nicotine replacement therapies if you attend all six sessions. A few of the topics covered in the class include lifestyle changes that make quitting easier, managing stress, avoiding weight gain, and staying smoke-free for good.

This class is available to ACC staff, spouses and ACC students (over the age of 18).

Class schedule

Fridays beginning on February 28th and ending April 16th
12:00 pm -1:00 pm HBC in room 214 (Space is limited)

To register, please contact Alisol V. Martinez at 512.223.7800 or by email at avaldez1@austincc.edu or contact Kelly Grant at 512.223.7230 or by email at kgrant@austincc.edu.