Freedom from Smoking Classes at UI Wellness Center

Fall 2014 Freedom from Smoking classes begin Thursday, September 11 from 5:15-6:45 pm at the UI Wellness Center. This seven-week, eight-session program is based on proven addiction and behavior change models. The program offers a structured, systematic approach to quitting. It has a positive focus, with an emphasis on the benefits of better health. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques. Participants learn to address the physical, mental, and social aspects of their addiction.

Features of the program include:

- Small group setting provides peer support and personalized attention
- Variety of quit techniques allows participants to create a quit plan that works for them
- Evidence-based approach increases chances of success
- Freedom from Smoking self-help manual compliments group sessions

Freedom from Smoking prepares people to quit successfully. The program does not begin with quitting. Participants go through several lessons first, ensuring that solid preparation to quit is given before Quit Day.

The Freedom from Smoking program has been proven effective. Participants who complete the program are six times more likely to be smoke free one year later than those who quit on their own.

The cost of the program is $25. The program is available to University employees, graduate students, their spouses, and now community members through a partnership with the Champaign-Urbana Public Health District. University employees who attend at least 6 sessions will have their fee reimbursed.

Registration is required. For more information or to register for the program, contact the UI Wellness Center at ui-wellness@illinois.edu or (217) 265-9355.