

Freedom From Smoking® Registration Form

Freedom From Smoking® Team

Freedom From Smoking®

Name _____

UCLA MR# _____
(if available)

Address _____

City, Zip _____

Phone (Daytime) _____

Phone (Evening) _____

Note: We will be offering classes at alternate times in the future. If the current schedule is not convenient, please specify your preference:

- Morning
- Afternoon
- Evening

Preferred time: _____

Mail registration to:

UCLA Health System
200 UCLA Medical Plaza, Ste. 206C
Los Angeles, CA 90095-7038

Or Fax to: (310) 206-4360

Lauren Harning, BS, CES
Freedom From Smoking® Facilitator

Ellen Wilson, PT
Director, Rehabilitation Services

Sharon Randles, RN
Cardiopulmonary Manager
Rehabilitation Services



For more information or to pre-register contact us by:
Phone (310) 825-0014 • Fax (310) 206-4360
www.rehab.ucla.edu



live life well.

UCLA Health System

Congratulations on your decision and desire to quit smoking!

We strongly support your choice to stop smoking and would like to assist you in this effort.

Freedom From Smoking® is an American Lung Association® smoking cessation program. The clinic format consists of eight sessions, including an orientation session, that run for eight weeks.

These sessions are designed to motivate and prepare the smoker with the necessary tools to quit and learn how to stay smoke-free for life. If you are planning on using a pharmaceutical aid, you must contact your primary care provider for a prescription.

The Freedom From Smoking® clinic is a comprehensive program and deals with long-term issues.

- We take a step-by-step process to teach the smoker to quit.
- We cover stress, weight control and social situations.
- We stay with the quitters for a full month after QUIT DAY.
- We use a professionally trained facilitator who understands smokers.

Schedule

Session 1	Orientation
Session 2	On The Road To Freedom
Session 3	Wanting To Quit
Session 4	QUIT DAY
Session 5	Winning Strategies
Session 6	The New You
Session 7	Staying Off
Session 8	Celebration

Class Time: 4:00 pm – 6:00 pm
Clinics usually run from 90 minutes to 2 hours.



Program Cost

Non-UCLA Employees: \$150
UCLA Employees: \$100

To ensure commitment to quitting, your non-refundable payment is due at session 2. Session 1 is FREE.

Pre-registration is required.