



1. SMALL GROUP CLASSES

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses on how to quit, not why to quit.

- The Freedom From Smoking® group clinic consists of eight sessions, nicotine replacement therapy (patches or gum), and workbooks, all provided for FREE.
- **Please register in advance.** Call 574-7867 to find a class or visit www.louisvilleky.gov/health and click on the Stop Smoking link on the left side of the page to see the class schedule and register online.

2. COACHING BY TELEPHONE

Expert coaches help you plan for dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. When you sign up you get special tools, resources, and information about how to stop smoking. Your coach will work with you to schedule short phone calls at times that work for you. Call 1-800-QUIT NOW (1-800-784-8669) to ask questions and get started.

2. ONLINE COACHING

Quit Now Kentucky is an online stop smoking program for to Kentucky residents 15 years and older. When you sign up you get special tools, help from quit smoking coaches, resources, and connections to other people working to become tobacco free. Expert coaches help you plan for dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. Go to www.quitnowkentucky.org to learn more.

Visit www.QuitSmokingLou.com for Stop Smoking class schedule



www.Louisvilleky.gov/health
400 East Gray Street Louisville KY 40202
502-574-STOP
06.2019

2019 STOP SMOKING CLASS SCHEDULE

JUNE 2019 - MARCH 2020

June 4 - Aug 27 6:00 - 7:00 pm	TUESDAYS	Oldham County Health Department - 1786 Commerce Parkway LaGrange, KY 40031 Call 502-222-8723 Ext. 143 or click here to register
June 5 - July 7 12:00 - 1:30 pm	WEDNESDAYS	Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40121 Call 502-772-8588 or click here to register
June 19 - Aug 8 5:30 - 7:00 pm	WEDNESDAYS	Norton Health & Wellness Center - 1000 DuPont Rd. Louisville, KY 40207 Call 502-629-1234 or click here to register
July 2 - Aug 20 5:00 - 6:30 pm	TUESDAYS	Bullitt County Health Department - 181 Lees Valley Road Shepherdsville, KY 40165 Call 502-955-5355 or click here to register
July 3 - Aug 21 3:30 - 5:00 pm	WEDNESDAYS	Clarksville Branch Library - 1312 Eastern Boulevard Clarksville, IN 47129 Call 502-629-1234 or click here to register
Aug 6 - Sept 24 3:00 - 4:30 pm	TUESDAYS	Norton Brownsboro Hospital - 4960 Norton Healthcare Blvd. Louisville, KY 40241 Call 502-629-1234 or click here to register
Aug 7 - Sept 18 12:00 - 1:30 pm	WEDNESDAYS	Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40121 Call 502-772-8588 or click here to register
Aug 8 - Sept 26 3:30 - 5:00 pm	THURSDAYS	Fairdale Free Public Library - 10620 West Manslick Rd. Louisville, KY 40018 Call 502-629-1234 or click here to register
Aug 13 - Sept 24 5:00 - 6:00 pm	TUESDAYS	Baptist Health Floyd Hospital - 1850 State Street New Albany, IN 47150 1-800-4Source (1-800-476-8723) for additional information or click here to register
Aug 16 - Oct 4 5:30 - 7:00 pm	FRIDAYS	Shivley City Hall - 3920 Dixie Highway Louisville KY, 40216 Call 502-629-1234 or click here to register
Aug 20 - Oct 1 5:30 - 7:00 pm	TUESDAYS	Family Health Center East Broadway - 834 E. Broadway, 2nd floor Louisville, KY 40204 Call 502-772-8588 or click here to register
Sept 5 - Oct 17 5:30 - 7:00 pm	THURSDAYS	Pat Harrison Cancer Resource Center - 1206 Spring Street Jeffersonville, IN 47130 Call 502-629-1234 or click here to register
Sept 9 - Oct 21 6:00 - 7:30 pm	MONDAYS	Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40121 Call 502-772-8588 or click here to register
Sept 9 - Oct 21 12:00 - 1:30 pm	MONDAYS	Family Health Center East Broadway - 834 E. Broadway, 2nd floor Louisville, KY 40204 Call 502-772-8588 or click here to register

Visit www.QuitSmokingLou.com



www.Louisvilleky.gov/health
400 East Gray Street Louisville KY 40202
502-574-STOP
06.2019

2019 STOP SMOKING CLASS SCHEDULE

JUNE 2019 - MARCH 2020

Oct 1 - Nov 19 4:00 - 5:30 pm	TUESDAYS	Norton Brownsboro Hospital - 4960 Norton Healthcare Blvd. Louisville, KY 40241 Call 502-629-1234 or click here to register
Oct 1 - Nov 12 6:30 - 8:00 pm	TUESDAYS	Southwest YMCA, Adult Day Center - 2800 Fordhaven Road Louisville, KY 40214
Oct 3 - Nov 21 3:30 - 5:00 pm	THURSDAYS	South Central Regional Library - 7300 Jefferson Blvd. Louisville, KY 40219 Call 502-629-1234 or click here to register
Oct 28 - Dec 10 6:00 - 7:30 pm	MONDAYS	Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40212 Call 502-772-8588 or click here to register
Oct 28 - Dec 10 12:00 - 1:30 pm	MONDAYS	Family Health Center East Broadway - 834 E. Broadway, 2nd floor Louisville, KY 40204 Call 502-772-8588 or click here to register

2020

Jan 14 - Feb 25 5:00 - 6:30 pm	TUESDAYS	Bullitt County Health Department - 181 Lees Valley Road Shepherdsville, KY 40165 Call 502-955-5355 or click here to register
March 28 - June 9 5:00 - 6:30 pm	TUESDAYS	Bullitt County Health Department - 181 Lees Valley Road Shepherdsville, KY 40165 Call 502-955-5355 or click here to register

Visit www.QuitSmokingLou.com



www.Louisvilleky.gov/health
400 East Gray Street Louisville KY 40202
502-574-STOP
06.2019