



FREEDOM 
FROM SMOKING®



Do you want to master
techniques used to help
people quit using
commercial tobacco?

Learn How to Help People Quit Smoking With the American Lung Association Freedom From Smoking Online Facilitator Training

FREE

To Mille Lacs Band
Members and Staff

To register or with
questions, email:

[colleen.mckinney@](mailto:colleen.mckinney@hhs.millelacsband-)

hhs.millelacsband-

- Module 1 - *Tobacco Basics* (40 minutes)
- Module 2 - *How to Help People Quit* (60 minutes)
- Module 3 - *Freedom From Smoking Facilitator Training* (3 hours) June 16, 1 to 4 p.m.

