

# Clinic Recruitment: Template Website or Newsletter Article & Social Media Posts for FFS Facilitators

## Website/Newsletter Article Template #1

Ready to quit tobacco products? Hundreds of thousands are tobacco-free through the American Lung Association's [Freedom From Smoking](#)®, and a new Group Clinic is starting this [Month]. Over the course of eight weeks, you will work with other people who are quitting along with a trained facilitator to set a quit date, build a quit plan and work through your first few months tobacco-free.

Freedom From Smoking Group Quit Program

Day of the Week, Month XX

XX:XX am/pm

at Name of Location (Address)

To sign-up for this program, contact *Firstname Lastname* at (XXX) XXX-XXXX or [Email@Lung.org](mailto:Email@Lung.org).

In addition to the Group Clinic, [Freedom From Smoking](#)® Plus is an interactive online program that can be accessed anytime, anywhere. Call the American Lung Association's Lung Helpline at 1-800-LUNGUSA or visit [Lung.org/ffs](http://Lung.org/ffs) to choose the program that works best for your unique quit journey. Let's plan your tobacco-free future together.

## Website/Newsletter Article Template #2

You can quit smoking. We can help. Trust the caring and supportive quit team at the American Lung Association. Hundreds of thousands have become tobacco-free through our [Freedom From Smoking](#)® program, which allows you to create your own custom quit plan through:

- **Freedom From Smoking**® Plus: Create a quit plan, track your progress and engage with other quitters online
- **Freedom From Smoking**® Group Clinic: Through eight sessions, quit with under the guidance of an expert facilitator
- **Freedom From Smoking**® Self-Help Manual: Work through your quit, on your own, at your own pace.

Lean on our network of other quitters and certified tobacco cessation experts that understand what it feels like to quit.

- Chat with other quitters anytime, anywhere through our online support community
- Call the Lung HelpLine to talk to a tobacco cessation counselor for individual attention and support

Quitting smoking is possible with the right help. Call us anytime at 1-800-LUNGUSA or visit [Lung.org/ffs](https://Lung.org/ffs) to see which Freedom From Smoking program will work best for you.

### **Website/Newsletter Article Template #3**

Want to free yourself from tobacco products, but don't know where to start? The American Lung Association's Freedom From Smoking® program has helped hundreds of thousands become tobacco-free. Access this proven resource online – through a desktop, tablet or smartphone – at the enhanced [Freedom From Smoking® website](https://Lung.org/ffs).

Through the interactive website, you can set a quit date, build a quit plan, track your success and chat with other quitters. And if you're ever in need of some instant support, you can lean on our network of tobacco cessation counselors through the Lung HelpLine at 1-800-LUNGUSA.

Quitting smoking is possible with the right help. See Freedom From Smoking® in action at [FreedomFromSmoking.org](https://FreedomFromSmoking.org).

### **Facebook Posts**

Ready to quit? Join us at [@CommunityPartner](#) on [\[Day of the Week\]](#), [\[Month XX\]](#) at [\[X:XX a.m./p.m.\]](#) for an @American Lung Association Freedom From Smoking® Group Clinic. Over the course of eight weeks, we'll set a quit date together, build a quit plan and learn tips on how to stay tobacco-free for good. Sign-up by calling us at [\(XXX\) XXX-XXXX!](#)

You can quit. We can help. Hundreds of thousands of people have quit using tobacco products through the help of the @American Lung Association. Create your own custom quit plan online, through a group clinic or on your own with our self-guided workbook. Call 1-800-LUNGUSA or visit [Lung.org/ffs](https://Lung.org/ffs) to find the right Freedom From Smoking® program for your unique quit.

Want to quit smoking but don't know where to start? Try the @American Lung Association's interactive Freedom From Smoking® **Plus** that allows you to set a quit date, build a quit plan, track your success and chat with other quitters online. [FreedomFromSmoking.org](https://FreedomFromSmoking.org)

