



Interested in Becoming Trained as a Freedom From Smoking® Facilitator?

The American Lung Association is dedicated to supporting tobacco-free lifestyles throughout all communities we serve Nationwide. Since it was first introduced over 41 years ago, the [Freedom From Smoking®](#) program has helped hundreds of thousands of Americans end their addiction to nicotine and begin new tobacco-free lives.

Our program boasts a 57% quit rate at 6 months when used in combination with an FDA-approved cessation medication. Freedom From Smoking® is based on proven addiction and behavior change models. The program offers a structured, systematic approach to quitting, and its positive messaging emphasizes the benefits of better health.

Evaluation studies and other research have shown that people who participate in Freedom From Smoking®:

- Experience both immediate and long-term health benefits.
- Learn to address and overcome the physical, mental and social aspects of their addiction.
- Are six times more likely to be tobacco-free one year later than those who quit on their own.
- When used in combination with tobacco cessation medication(s), up to 60 percent of Freedom From Smoking® participants report having quit by the end of the program.

American Lung Association trained [Freedom From Smoking® facilitators](#) are nurses, healthcare workers, community members, or anyone with an interest in supporting their community who has been tobacco-free for 12-months or longer. Active facilitators have the unique opportunity to serve your community in a tangible way by helping people break their addiction!

For more information on our gold standard tobacco cessation program, Freedom From Smoking®, visit [Lung.org](#).