

The Mid-Plains Center for Enterprise will offer the American Lung Association's "Freedom From Smoking" program for seven weeks beginning March 1.

The class will take place from 7 to 9 p.m. on Monday evenings in Room 124 on the South Campus of North Platte Community College.

The course was designed to help smokers address the physical, mental, and social aspects of their addiction.

It will include topics such as medicines that can help them stop smoking, lifestyle changes that make quitting easier, preparing for Quit Day, managing stress, avoiding weight gain, developing a new self-image, and how to stay smoke-free for good

According to information provided by the American Lung Association, the Freedom From Smoking program has been ranked the most effective smoking cessation program in a study conducted by Fordham University Graduate School of Business.

Up to 60 percent of participants report having quit by the end of the program when used in combination with smoking cessation medications.

Additionally, people who use the program are six times more likely to be smoke-free one year later than those who quit on their own.

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