



## **FACILITATOR TRAINING WORKSHOP**

This workshop is for individuals interested in facilitating cessation classes for those who want to quit smoking.

**American Institute of Healthcare and Fitness  
8300 Health Park, Suite 10  
Raleigh, NC 27615**

Thursday, December 10th ~8:30 am - 4:30 pm  
and  
Friday, December 11th ~8:30 am - 12:30 pm

**Space is limited so register early!!**

***Registration deadline is Friday, December 4th or until class is full***

*The American Lung Association in North Carolina requires that you must be tobacco free for a period of no less than one year in order to attend this program. You must attend the full day and a half training to become certified and to receive a certificate in the program. No exceptions can be made. The one and a half day training is free and includes all materials, a light breakfast, and lunch on Thursday and a light breakfast on Friday.*

For More Information or To Register Contact:  
Olaunda Green, Manager of Mission Services  
(919) 832-8326 x 1009  
ogreen@lungnc.org



## About the Facilitator Training.....

**Participants will receive intensive instruction and become certified in the American Lung Association's Freedom From Smoking® program.**

Topics covered:

- nicotine addiction and pharmacotherapy treatments available for cessation
- up-to-date information on the impact of tobacco on health and health behavior
- stages of change model for tobacco cessation
- facilitation skills for working with group cessation programs
- problem-solving and working with problem participants
- teaching behavior modification in smoking cessation

Freedom From Smoking® is based on the most recent smoking and nicotine addiction research available and is considered to be the “gold standard” nationwide in smoking cessation programming. It is an eight-session, seven-week program that uses a positive behavior change approach and teaches the smoker how to become a nonsmoker for good. Behavior modification, stress management, weight control, and positive lifestyle changes are key components of the program.

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Upon completion, participants will be certified to conduct the Freedom From Smoking® program for people who want to quit smoking.

To register or for more information, please contact:

Olaunda Green, Manager of Mission Services, (919) 832-8326 x 1009 or [ogreen@lungnc.org](mailto:ogreen@lungnc.org)