

**Quick Reference Guide to Ordering Materials for your FFS Clinic**

All participants enrolled in a Freedom From Smoking® in-person group cessation clinic must receive a

Freedom From Smoking Kit Deluxe Package. This includes a participant workbook with activities, exercises and homework assignments to support all 8-sessions of the clinic and assist an individual in tailoring their own personalized quit plan. It also includes your choice of a relaxation exercise MP3 download access card or CD to assist participants with overcoming the psychological and behavioral challenges associated with quitting.

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| **Item #** | **Title** | **Description** | **Cost** |
| 3304 | FFS Kit w/ MP3 Download- English | English in-person class participant workbook  and relaxation MP3 download access card (download exercises to up to 6 electronic devices) | $25 ea |
| 3305 | FFS Kit w/ MP3 Download- Spanish | Spanish in-person class participant workbook  and relaxation MP3 download access card (download exercises to up to 6 electronic devices) | $25 ea |
| 2915 | FFS Kit w/ CD- English | English in-person class participant workbook  and relaxation compact disc (CD). | $25 ea |
| 2916 | FFS Kit w/ CD- Spanish | Spanish in-person class participant workbook  and relaxation compact disc (CD). | $25 ea |

***\*Please note, the FFS Self-Help Kit is not a reasonable alternative for those enrolled in the in-person classes. This item is solely for those individuals preferring a self-guided method to cessation.***