



just
Quit

Freedom From Smoking® at Rancho del Malibu

LONGEVITY
WORKSHOPS
live healthy • live long

Freedom From Smoking® at Rancho del Malibu



Every smoker has a reason to quit.

Family, health, well-being, saving money -- all excellent spurs to the desire to stop smoking. So why is it so hard? At Rancho del Malibu we offer the American Lung Association's proven Freedom From Smoking® program as part of our Longevity workshop series.

The basic program

Freedom From Smoking® is the gold standard of smoking cessation programs. This program applies a sensitive supportive approach to quitting. In Eight Sessions over seven weeks you will work through the reasons why you smoke, learn how to combat the urge and be given strategies to ensure that when you quit, you stay free from smoking.

The enhanced program

Freedom From Smoking® at Rancho del Malibu has the added advantage of taking place in a beautiful inspirational setting. Located in the hills overlooking Paradise Cove in Malibu, Rancho del Malibu offers a complimentary program to Freedom From Smoking® which will help you redesign your new smoking-free life.



Rancho del Malibu

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The enhanced program



As a companion program to Freedom From Smoking® Rancho del Malibu has designed a series of workshops to give you the tools you need to stay smoking-free. These workshops run concurrently with Freedom From Smoking® at Rancho del Malibu.

In the Enhanced program you'll learn how to build on your success with activities both physical and mental. We offer classes on meditation, healthy eating, strength-training, endurance and customize each individual regime to your needs.



Build on
your success
Ask about
available
workshops
here

Group Rates Available