

FREEDOM FROM SMOKING®

American Lung Association®



DO YOU WANT TO QUIT?

- Is quitting a priority for you?
- Have you tried to quit before?
- Do you think smoking is bad for your health?
- Do you have personal reasons for wanting to quit?
- Are you ready to quit even though it may be tough?

FREE 7 WEEK GROUP CLASS

You'll learn about:

- Medicines to help you quit
- Lifestyle changes that make quitting easier
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good

TO LEARN MORE & REGISTER
765-521-1278