

QUIT SMOKING

with the help of a
Smoking Cessation Course



Smoking is a powerful addiction, but it is possible to quit. Learn effective techniques to help with cravings and develop a plan to make this significant life change.

Join our Tobacco Cessation Class taught by a specially-trained Tobacco Treatment Specialist dedicated to help you succeed. Class cost is \$60.

Lower level of CHI Health St. Elizabeth

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We have two class times to fit your needs.

Session 1

Thursdays
March 7- April 11
Noon-1 p.m.

Session 2

Wednesdays
September 4 - October 9
6-7 p.m.

One-on-one counseling sessions are also available.
For more information call Tiffany at 402-219-8093.