

QUIT SMOKING

with the help of a *FREE*
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.

Wednesdays, 6 - 7 p.m., Lower level of CHI Health St. Elizabeth

Choose from four sessions:

Session 1: January 10 – February 28

Session 2: April 4 – May 23

Session 3: July 11 – August 29

Session 4: October 3 – November 21

To register, contact **Tiffany Quicke** at **402-219-8093**.



CHI Health
St. Elizabeth