



QUIT SMOKING IN THE NEW YEAR



PLAN TO BE TOBACCO FREE

A **FREE** one-hour educational session that will help those interested in overcoming tobacco use and dependence—including a customized quit plan. Brought to you by the Kentucky Cancer Program

December 5th, 2017

5:30 PM - 6:30 PM

Center for Health and Wellness

Call 270.762.1348

or

270.442.1310

to register

FREEDOM FROM SMOKING

Calloway County Health Department is offering an 8 week **FREE** class to help you gain control and stop smoking. This program consists of 8 sessions and will be taught by an American Lung Association trained facilitator

Starting January 2nd, 2018

5:30 PM - 6:30 PM

Center for Health and Wellness
Call 270.753.3381 to schedule or ask questions!

★ Weekly giveaways and completion giveaway ★