

You can do it!

Quit smoking and chewing for good with the *Freedom From Smoking*[®] program.

Learn how to create a personalized plan to overcome your tobacco addiction... so you can start enjoying the benefits of better health.

- Small group setting
- Fun, interactive learning environment
- Participant workbook and other informative materials provided

Topics include:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Staying smoke-free for good



Date: **February 2, 2010**

Time: **5:15 PM to 6:45 PM**

Location: **Hannah's House 222 Keith St. Hanford, CA 93230**

For more information or to register, call: **Carmen Gutierrez**
at **582-3211 ext.4504**