

Are You Ready to Quit Smoking?

**Begins: Tuesday, August
15th, 2017**

Time: 12:00 - 1:30

**Where: Henderson County
Main Library
Kaplan Auditorium**

To register call: (828) 694 - 6065

Or email blevinson@hendersoncountync.org

Freedom from Smoking Program

(A FREE program by a trained facilitator)

Includes:

- ♦ 7 weekly meetings w/ small group
- ♦ Learn tips for dealing with cravings
- ♦ Fun & interactive
- ♦ Quit Kit & resource book provided

Sponsored by:

Henderson County Department of Public Health

