



# Are You Ready to Quit Smoking?

## Smoking Cessation Program

**Begins: Tuesday, February 13, 2018**

**Time: 6:15 - 7:45 pm**

**Where: AB Tech/Mars Hill Campus  
303 B Airport Road  
Arden, NC**

**Cost: FREE!**

### Includes:

- ◆ 7 weekly meetings
- ◆ Tips to deal with cravings
- ◆ Medications that can help
- ◆ Fun & interactive
- ◆ Quit Kit & resource book provided
- ◆ Celebrate your success!

AMERICAN LUNG ASSOCIATION

*Freedom From Smoking*



**Interested?** Contact Beverly Clark, 694-6065,  
bclark@hendersoncountync.org

