



# Quit it!

*Tobacco Cessation Program*

## Tobacco Free For Life

For information about the program call 624-4513 and leave a message.

**Wednesdays at 5:30 p.m.**

New series begins the first Wednesday every other month.

(January, March, May, July, September and November)

A **FREE** seven-week tobacco cessation course adapted from the American Lung Association's proven **Freedom from Smoking Module**. You'll learn various techniques, helpful suggestions, new behaviors for a healthy lifestyle, and different types of quitting approaches and strategies to assist in becoming successful.

**You can quit tobacco.  
We'll show you how.**

The *Lifestyle*  
Center  
A division of Kaweah Delta Health Care District

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