

Would you like to live Tobacco Free?

**FREEDOM
FROM SMOKING®**
From the American Lung Association

*This unique eight session program is available at the
Champaign-Urbana Public Health District at various
times during the year.*

ONLY: \$20.00 Per Person!*

Fee includes:
*Program Materials & Four Week
Supply of Nicotine Patches*

** Complete 6 sessions, and receive a \$10.00 refund!*

**For more information or to register:
call Theresa at 531-2922, email ttruelove@c-uphd.org
Seating is limited. Pre-registration is required.**

- This program is available for Champaign County Residents only. -

NOTICE:

**Each Session will meet at 5:30pm at the Champaign-Urbana
Public Health District, 201 West Kenyon Road,
Champaign. Dates for the next program are:
February 9, 16, 23 March 2, 4, 9, 16, 23**

Sponsored by:

*American Lung Association
Champaign County Public Health Department
Champaign-Urbana Public Health District*

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Free Communities Grant.



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

www.cuphd.org