

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 & Eight-Week
Supply of Nicotine Patches***

** Complete 6 sessions, and receive a \$10.00 refund!
** For those who qualify*

**For more information or to register:
call Nikki at 531-2914, e-mail nhillier@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:
January 17, 24, 31 February 2, 7, 14, 21, 28**

Sponsored by:

*Champaign County Public Health Department
Champaign-Urbana Public Health District*

*This program was made possible by funds received
from the Illinois Department of Public Health (IDPH)*



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

www.c-uphd.org