



Attention Champaign County Residents

FREEDOM FROM SMOKING®

From the American Lung Association

This unique seven-week program assists smokers*** to become nonsmokers. Classes are held at Lincoln Square. Your facilitator will share room location when you register.

The cost is \$10.00 per person. Fee includes program materials and the cost of four weeks of the nicotine patch.

Class dates for September 2006:

Session 4

Tuesday, September 19
Tuesday, September 26
Tuesday, October 3
Thursday, October 5
Tuesday, October 10
Tuesday, October 17
Tuesday, October 24

Session 4 Time

12:00 – 1:00 PM

For more information or to register, call Nikki at 531-2914 or Jennifer at 531-2912. Seating is limited. Pre-registration required.

*****This program is available for Champaign County Residents only*****

Sponsored by:
Carle Foundation Hospital
Champaign County Public Health Department
Champaign-Urbana Public Health District.



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Tobacco Free Communities Grant

