

a FREE program  
to **help you stop**  
SMOKING • RUBBING • CHEWING

**FOR TOBACCO USERS**

(Includes all adults and pregnant women)

You must call one of the numbers below to preregister:

**1.800.624.6961, ext. 6974**  
or **740.695.6974**

**Weekly Sessions**  
continuing for eight weeks.

**HOW?**

By using this program, you will learn ways to change your habits.

Questions about drug benefits used to help you quit can be answered by calling **1.800.624.6961, ext. 7510** or **740.695.7510**.

It is never too late to stop using tobacco; by quitting you can live a longer, healthier life.

