

Be a QUITTER



Sign Up for Freedom From Smoking.

The American Lung Association Program

Dates:

Sessions begin Tuesday, March 9, 2010 and continue on March 16, 23, 30 and April 1, 6, 13 & 20.

Time:

6:00 p.m.—7:15 p.m.

Location: Blum House

Next to the Collinsville Memorial Library,
408 West Main Street - Collinsville, IL

For more info or to register, call:

Candice Zipfel, Health Educator
Madison County Health Department
618-296-6094.

Learn how to overcome your tobacco addiction & start enjoying the benefits of better health.

Freedom From Smoking:

- (8) **FREE** program sessions that really work
- Fun, interactive small group learning environment
- Participant workbook and other informative materials provided

Topics include:

- Medicines that can help you quit
- Changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Staying smoke-free for good



This program is sponsored by the Collinsville Memorial Library.

This program was made possible by funds received from the Illinois Department of Public Health.