

QUIT AND GET FIT!



FREE Tobacco Cessation Program Space is Limited- Register Today!

WHO: Any Adult (18+ Years) who wants to quit tobacco

WHAT: FREE Program Includes:

- 6 In-Person Cessation Classes and Materials
- 2-Week Supply of NRT (gum, patch or lozenge) to qualified registered participants
- YMCA Membership for the duration of the program
- Exercise Program design, guidance and encouragement by a qualified fitness professional

WHEN: Wednesdays; 11:30am-12:30pm
Jan. 17th, 24th, 31st
Feb. 7th, 9th & 14th

WHERE: Shenango Valley YMCA
925 N. Hermitage Rd.
Hermitage, PA 16148

TO REGISTER: Contact Katie Gassner at
(724) 662-1550, ext. 147

QUITTING IS TOUGH!

**But you can take control
over tobacco.**

**The average user may make
5 – 7 attempts to quit before
becoming tobacco-free.
Studies show that supportive
cessation classes and nicotine
replacement therapies
increase the likelihood of
success!**

Proudly presented by these partners:



Unable to make classes? Call 1-800-Quit-Now for FREE over-the-phone counseling & support with Nicotine Replacement Therapies.