

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
- Buhl Community Recreation Center Day Passes

WHEN: Thursdays; 12:15pm-1:15pm
April 26th,
May 3rd, 10th, 17th, 24th, 31st

WHERE: Buhl Community Recreation Center
28 Pine Street,
Sharon, PA 16146

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.