

# 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
- 4-Week Supply of NRT (gum, patch or lozenge) to qualified registered participants
- YMCA Membership from May 14<sup>th</sup>-August 1, 2019.
- Exercise Program design, guidance and encouragement by a qualified fitness professional

**WHEN:** Tuesday; 11:30am-12:30pm  
May 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
June 4<sup>th</sup>, 7<sup>th</sup>\*Friday, 11<sup>th</sup>

**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.**