

FREE

KICK^{THE} HABIT



and Kick-Start Your Life **FREE Tobacco Cessation Program**

NEW YEAR, HEALTHIER YOU!

The average tobacco user may make 5 - 7 attempts to quit before becoming a non-tobacco user. Studies show, supportive cessation classes and nicotine replacement products increase a person's likelihood of quitting tobacco.

WHO: *18+ adults who want to quit tobacco*

WHAT: *6 Free Cessation Classes and materials. Plus, 2 week supply of NRT (gum, patch or lozenge) to *registered participants who attend at least 5 of 6 classes*

WHEN:

Class #1	January 11, 2017 12-1:15 pm	Class #4	Feb. 1 QUIT DAY 12-1:15 pm
Class #2	January 18, 2017 12-1:15 pm	Class #5	February 3, 2017 12-1:15 pm
Class #3	January 25, 2017 12-1:15 pm	Class #6	February 8, 2017 12-1:15 pm

WHERE:

Mercer County Behavioral Health Commission, North Conference Room 8406 Sharon-Mercer Rd, Mercer 16137



Please contact Katie Gassner to register by January 6th.

724-662-1550 ext 147. Katie.gassner@mcbhc.org

First Class is January 11, 2016 @ 12pm.