

CALLING IT QUILTS?



Smoking cessation classes will be held once a week. Morning classes will be at the Housing Authority Administrative Office. Evening classes will be held at the Arnold Tower Community Room.

YOU CAN BE TOBACCO FREE!

Freedom from Smoking Program
Beginning May 22, 2018
10:30AM OR 5PM

- Receive guidance on how to use nicotine patches to control cravings.
- Weekly education addressing all aspects of smoking and cessation.
- Learn how to prevent relapse.
- Receive group support.

**CALL 859-236-6116 or
859-236-2053
to register for class.**

When: Tuesdays

Classes are every Tuesday; includes a short guided session & discussion. Class is 8 sessions.

Where: HAD Administrative Office

1014 Rosemont Avenue
Danville (**morning class**)

Arnold Tower

401 South Third Street
Danville (**evening class**)

Cost: FREE Class and Patches are provided by the Ephraim McDowell Commonwealth Cancer Center FREE of charge to Boyle County residents!