

SMOKING CESSATION RESOURCES FULTON COUNTY, ILLINOIS



1-866 QUIT-YES
Where Quitters Always Win!
TDD 1-800-501-1068

OR VISIT THE WEBSITE
<http://www.quityes.org/>

Most people find it easier to quit
if there is help available...

*graham hospital
provides that help*

The "Freedom From Smoking" class meets weekly for six weeks. During this time, your smoking motivations and patterns are identified. Concrete tools for quitting are incorporated into your plan for stopping. You will also learn how to stay smoke free and better manage your stress.

**CALL FOR THE NEXT
SET OF CLASSES**

Sign up today for the
"Freedom From Smoking" class
By calling Carla Bahr at
647-4087

Graham Wellness Center
235 West Walnut Street, Canton
MEDICARE AND MEDICAID COVERED



GRAHAM HOSPITAL
"Our Community's Choice"