

ARE YOU READY TO QUIT SMOKING OR CHEWING?

- Do you want to quit?
- Is quitting a priority for you?
- Have you tried to quit before?
- Do you think smoking/chewing is bad for your health?
- Do you have other personal reasons for wanting to stop smoking or chewing?
- Are you ready to try to quit even though it may be tough?

If you answered "yes" to just one of these questions, the **Freedom from Smoking®** Program can help.

- Learn about medication that may help you quit and stay quit
- Learn coping strategies
- Learn to manage stress
- Learn how to avoid weight gain
- Get a free relation CD

Free classes start on:
May 6, 2009 at 7:00 pm

They are located at:
350 Third Street, Loyalton

Please call for more information
530-993-6745

Sponsored by Sierra County Tobacco Use Reduction Program

Don't want to wait for a group?

Call:

California Smokers' Helpline **1-800-NO-BUTTS** (Teens welcome to call.)

California Tobacco Chewers' Helpline **1-800-844-CHEW** (Teens welcome to call.)

¿Quiere Dejar de Fumar? **1-800-45-NO-FUME** (Adolescentes deben llamar.)

Online help: **www.ffsonline.org**

The Freedom from Smoking® Program is taught by an instructor trained and certified by the California American Lung Association.

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