

# Freshstart<sup>®</sup>



## Reasons for quitting smoking:

Improve health

Breathe easier

Save money

## **Whatever your reason, You don't have to do it alone!**

Join Aurora Health's **4 Week Smoking Cessation Program, Freshstart**, sponsored by the American Cancer Society. Freshstart is offered at no cost and teaches participants effective ways to overcome nicotine dependence.

### **When:**

Wednesday October 28, 2020; 3:00-4:00 PM

Wednesday November 4, 2020; 3:00-4:00 PM

Wednesday November 11, 2020; 3:00-4:00 PM

Wednesday November 18, 2020; 3:00-4:00 PM

\* All participants are encouraged to attend all four sessions.

### **Where:**

The comfort of your own home!

Freshstart will be offered virtually via Zoom

## **To register for Freshstart, Contact Laurie Dlouhy, RN:**

E-mail: [Laurie.dlouhy@aah.org](mailto:Laurie.dlouhy@aah.org)