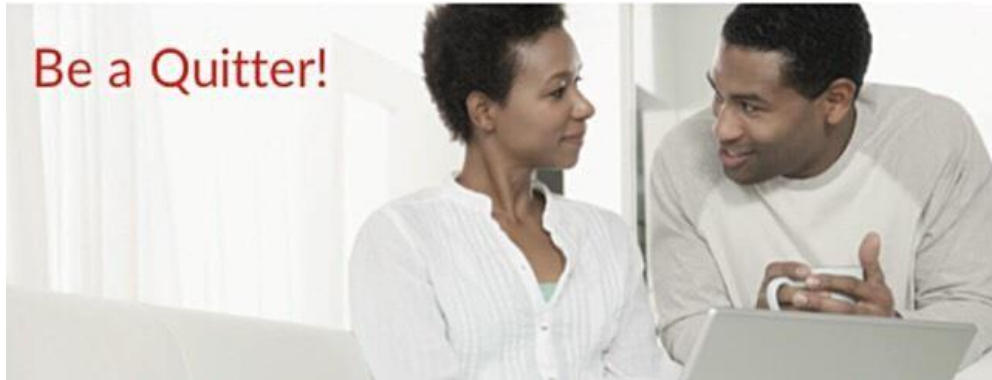




**You can quit smoking.
We can help.**



Quitting smoking isn't easy – but it's easier with the right help. Freedom From Smoking helps you develop a plan of action that leads you to your quit day.

Cost: FREE

Location: Eastside Library, 3000 Blake James Dr, Lexington, KY 40509 (Off Palumbo Dr)

Freedom From Smoking Group Quit Program

Tuesdays from 5:30 p.m. to 7:00 pm

8/22/17: Thinking About Quitting

8/29/17: On the Road to Freedom

9/5/17: Wanting to Quit

9/12/17: Quit Day

9/14/17: Winning Strategies*

9/19/17: The New You

9/26/17: Staying Off

10/3/17: Celebration

*Additional session (Thursday) after Quit Day

www.kycancerlink.org

Call (859) 309-1700 to register!!

In partnership with:

