

Most Effective Way to Quit



Freedom From Smoking Free Smoking Cessation Class

Studies show the combination of medication and counseling is the **most effective** way to quit.

Access the classes from anywhere with a smart phone or personal device using Zoom conference call technology! It's as easy as downloading an app and setting up a profile.



You will:

- Choose a quit day about three weeks from the first class, then create a personalized plan to get ready for it.
- Build strategies for managing stress, avoiding weight gain, and staying active during your quit, and after.
- Learn how quit-smoking medications can increase your chance of quitting for good.

Classes will start on

November 6th at 5 p.m.

in the Center for Health Education and Research
(CHER) building

316 W. 2nd St.

Morehead, KY 40351

Room 102

For more information or to register, contact Ashley Gibson at 606-783-7561 or email at ashley.gibson@st-claire.org

