



Charlotte  
Hungerford  
Hospital

ONE THOUSAND CAREGIVERS. ONE JOB. YOUR HEALTH.

# YOU CAN BE SMOKE FREE

Ready to Quit? We Can Help!

Join our

## **FREEDOM FROM SMOKING**

clinic led by an American Lung Association  
Certified Facilitator

This **FREE PROGRAM** includes 7 interactive classes featuring discussion and skills practice over a 6-week period

In this step-by-step program, you will receive the personal attention you need to help you quit smoking and transition to a smoke free lifestyle

Classes will be held from 4:00-5:30 pm at the Hungerford Center starting Jan. 11<sup>th</sup>  
Quit Day will be Mon. Jan. 30<sup>th</sup>

**To Register Call Sandy at 860-496-9538**