

# READY TO QUIT SMOKING OR CHEW?

## Our FREE Program Can Help

Thinking of quitting smoking or chew but not sure where to turn?  
Have you quit before and started again?

We understand that kicking tobacco is a difficult decision. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

### YOU WILL LEARN ABOUT:

- The many benefits of quitting
- Strategies to help quit and stay quit
- How to cope with triggers like stress and boredom
- Medications that may be helpful

### PROGRAM SCHEDULE:

- Takes place over eight, 60-minute Wednesday sessions  
- April 25-June 20; 5:30pm-6:30pm

### TO REGISTER CONTACT:

LINDA HINNENKAMP, RN  
785-452-4848



*More options, close to home.*