

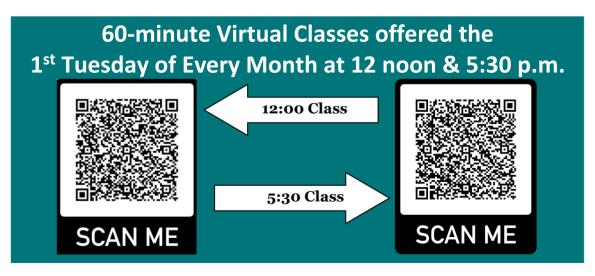
Be Tobacco Free classes for those who want to quit tobacco and stay tobacco-free

Classes are free to attend & open to the public!

Learn about:

Preparing to quit
Understanding different ways to quit

Coping with tobacco use urges Staying tobacco-free



Call 844-375-9355 or email <u>BeTobaccoFree@AdvocateHealth.org</u> for more information

