

# Are you a Smoker? Ready to Quit?

**Smoking** increases the risk for serious health problems. People who stop smoking greatly reduce their risk for disease and early death. **You are never too old to quit!**



**Smoking Cessation classes**  
**Tuesday, November 2<sup>nd</sup>**  
**5:30-6:30 pm**

A series of **five free sessions**

Starting **Tuesday, November 2<sup>nd</sup>** until **November 29**  
5:30-6:30 pm at the Health Department

The Instructors for the sessions are provided through the  
**Campbell University School Osteopathic Medicine**

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**Registration Recommended:** A one-time registration is recommended for the series. Please call **910-814-6298** or Contact Dr. Pennings at [pennings@campbell.edu](mailto:pennings@campbell.edu)



For more information: **Harnett County Health Department**  
307 W. Cornelius Harnett Blvd Lillington  
**910-893-7550** ▪ [www.harnett.org/health](http://www.harnett.org/health)