

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, October 25 5:30-6:30 pm

A series of six free sessions

Starting **Tuesday, October 25** 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

Registration Required: A one-time registration is required for the series. Please call **910-814-6298** (Class size limited to 25)



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