



McHenry County Department of Health

*"Working to prevent disease and promote health and safety
for all people of McHenry County since 1966."*

MCDH

Get on the Path to Freedom From Smoking!

The McHenry County Department of Health would like to help you quit smoking for life!



- **CLASSES** - The Health Department presents Freedom from Smoking– a leading adult smoking cessation program backed by the American Lung Association. This is a 7 week class taught in a supportive group setting by a certified instructor.
Classes are held every Tuesday beginning March 30th from 6:00-7:30 pm at McHenry County College.
- **STAY TOBACCO-FREE** - Topics covered include your readiness to quit, nicotine replacement therapy, behavior modification, coping strategies, stress and weight management, and how to stay smoke free for life!
- **REGISTER NOW!** - The cost is \$25.00. Attend all 7 classes and your money will be refunded to you at the last session!
Please call Christina Hayes at the Health Department at (815)334-4525 to register today!
- **FREE COUNSELING** - For free counseling call the Illinois Tobacco Quitline at **1-866-QUIT-YES.**

Make Healthy Living a Part of Your Life

www.mcdh.info

(815)334-4510
