

McHenry County Department of Health presents
the American Lung Association's
Freedom from Smoking program!



Freedom from Smoking is a leading adult smoking cessation program taught in a supportive group setting by an American Lung Association trained instructor. Through the program we will discuss your readiness to quit, nicotine replacement therapy, behavior modification, coping strategies, stress and weight management, and how to stay smoke free for good.

***Time:* Tuesdays beginning March 30th 6pm-7:30 pm**

***Place:* McHenry County College, 8900 U.S. Hwy 14,
Crystal Lake – Room E121**

***Cost:* \$25 Attend all 7 sessions and classes are free!**

**To Register call Christina Hayes, Health Educator @ 815-334-4525
To speak with a counselor immediately, call the Illinois Tobacco
Quitline @ 1-866-QUIT-YES**



**McHenry County Department of Health
2200 N Seminary Avenue
Woodstock IL 60098
815-334-4510
www.mcdh.info**