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## Want to Quit Smoking? The Time is NOW!

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AUGUST 24TH 2015 BY DEE LOFLIN

Want to Quit Smoking? The Time is NOW!

## The Time is Now!

**If you're like many smokers and other tobacco users, you know you should quit. You just aren't sure how to do it.**

Creating a quit-tobacco plan may improve your chances of stopping for good. Having a plan helps prepare you for coping with the physical and emotional issues that often arise when you stop using tobacco, such as nicotine withdrawal and strong urges.

Join us for this free, one-hour class to learn more about the many options available to help you quit for good.

**Classes will be held in Dexter on Thursday, August 27, 2015 at 6:00 p.m. in the Hospital Boardroom. To register for a class online, visit [sehealth.org/tobacco](http://sehealth.org/tobacco)**

For more information, call 573-331-6369.

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