

Time 2 Quit! Tobacco Free Allen County

Do what you've been thinking about for sometime now.

Quit Smoking.

Tobacco Free Allen County offers you 11 smoking cessation classes to help you with this vitally important decision for your health and your family and friend's health, too.

You can expect:

- Improved health in a matter of weeks
- Eliminate second-hand tobacco smoke around those you love
- Improved life expectancy
- Saving of \$2,555.00 a year (2 packs per day, \$3.50 a pack)

Signup now for any of these classes presented by certified experts in smoking cessation.

Only cost is \$15 for materials. Class size limited to 8-12 per class. Each class is held on the same day of the week at the same time and location noted.

Enroll now by calling Tobacco Free Allen County at 420-7484 or use the form provided.

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Date	Day	Time	Place	Type
Jan. 14-Feb. 11, 2008	Mon.	6p-7:30p	YMCA Central	Public
Jan. 16-Feb. 13, 2008	Wed.	6p-7:30p	Parkview North	Public
Jan. 16-Feb. 20, 2008	Wed.	12p-1p	City-County Bld.	Public
Jan. 17-Feb. 21, 2008	Thur.	6p-7:30p	Matthew 25-no class Jan. 31	Public
Jan. 24-Feb. 21, 2008	Thur.	6p-7:30p	YMCA Jorgensen	Public
Jan. 26-Feb. 23, 2008	Sat.	9-a10:30a	Spiece Fitness	Public
Feb. 5-March 4, 2008	Tue.	6p-7:30p	Family Practice	Public
Feb. 11-March 20, 2008	Mon.	6p-7:30p	Lutheran	Public
Feb. 20-March 19, 2008	Wed.	6p-7:30p	Parkview Main	Public
Feb. 26-March 25, 2008	Tue.	4:30p-6p	United Hispanic Am.	Public
Feb. 28-March 27, 2008	Thur.	5p-6:30p	Parkview North	Public

You need to successfully stop smoking! You can also call on these Tobacco Free partners after your classes for additional help:

- Tobacco Intervention Program-A one-on-one program at Lutheran Hospital. Contact Kathleen Gerhart at 260-435-7094
- Free Support Groups-At Parkview and Lutheran Hospitals
Call Tobacco Free Allen County at 260-420-7484
- United Hispanic-Americans-Culturally focused/bilingual cessation located at 2424 Fairfield Avenue.
Call 260-456-5000 ext. 314

I will take time to quit smoking! Sign me up for:

1st choice is: Dates _____ Location _____ Time _____
2nd choice is: Dates _____ Location _____ Time _____

Name: _____ Address: _____
City: _____ State: _____ Zip: _____
Home Phone: () _____ Business Phone: () _____

Payment of \$15 is due upon registration or at first session. Checks payable to Tobacco Free Allen County. Classes are limited to 8-12 people. Please mail registration form at least one week prior to class start date: Tobacco Free Allen County 2200 Lake Avenue, Ste. 290 Fort Wayne, IN 46805