Do you want help learning how to overcome your TOBACCO ADDICTION so you can enjoy the benefits of better health, extra money in your pocket and healthier relationships?

HSHS St. Anthony’s Memorial Hospital is offering the American Cancer Society’s Freshstart® program. This facilitated support program is for adults who are ready to quit smoking. Freshstart® addresses stopping smoking as quickly as possible and learning new techniques for ending your physical and psychological need to smoke.

**Next Program Starts: Tuesday, August 8, 2017**
Participants will meet for four sessions. **Preregistration is required.**

- **Dates:** Tuesdays - August 8, 15, 22 and 29
- **Time:** 3:30 - 4:30 pm
- **Location:** Hospital Auditorium - St. Francis Room

*There is a $20 registration fee for the program. Upon completion of the program, the fee will be refunded. Scholarships are available to participants who cannot afford the normal fee.*

**For more information, call 217-347-1529.**

[www.stanthonyshospital.org](http://www.stanthonyshospital.org)