

*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)**

