



2008 Smoking Cessation Classes

Support while you and your family quit smoking

Wednesdays, 7-8:30pm

Three 6-Week Sessions offered in 2008!

January 16-February 20

April 16- May 21

September 17-October 22

Hoffman Estates Village Hall,
Health and Human Services Entrance
1900 Hassell Road

\$50.00 per family for 6-week session
(this includes materials).

What you and your family will receive:

- Support from a qualified and experienced facilitator
 - New perspectives on the smoking habit
- Ways to make small lifestyle changes to ease into your new way of living
- Support from group members who are going through the same process

Family members who smoke are encouraged to attend classes together to make it easier and more comfortable to quit. Strong support at home is important to the success of the individual.

To register, call St. Alexius program line at 1-866-253-9426
Questions? Please call Health and Human Services at 847-882-4445



Brought to you by:
Department of Health & Human Services
and
St. Alexius Medical Center