


# TOBACCO CESSATION

The eight session weekly classes are in a small group setting.

Classes are fun and interactive.

Participant workbook and other materials are provided.

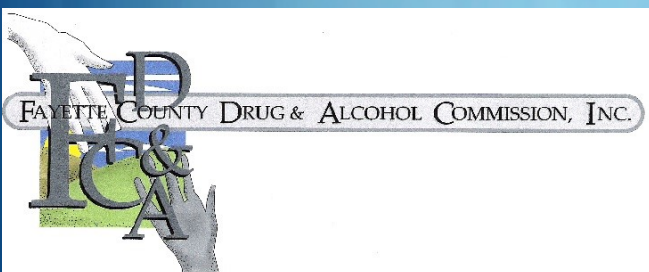


**YOU DIDN'T FAIL  
AT QUITTING.  
YOU JUST  
HAVEN'T  
FINISHED  
THE PROCESS.**

Keep going at [EveryTryCounts.gov](http://EveryTryCounts.gov).

Cessation Topics include:

- Medicines that can help you stop smoking
- Lifestyle changes
- Preparing for quit day
- Managing stress
- Avoiding weight gain
- Developing a new self image
- Staying smoke free for good



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

To register call 724-438-3577 ext. 162