

Sometimes it's OK  
to be a QUITTER.

# Be a QUITTER for LIFE!

## FREE Tobacco Cessation Classes

Classes meet every Wednesday starting  
**March 21, 2018 - May 9, 2018**

**5:30 PM - 7:00 PM** ★ **Uniontown Area YMCA**

Anyone can stop using tobacco. Staying quit is the difficult part. Tobacco cessation classes offers education on ways to help you quit and stay tobacco free!



To register, please call 724 438 2584 or 724 438 3576 ext. 162

Participants may stay to use the YMCA facilities at no charge until 9:30 pm on the night of class.



**C**essation classes are in a small group setting. Participant workbook and other materials are provided. Classes are fun and interactive with topics that include:

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