

WHAT'S YOUR REASON TO QUIT

Do you want to
Save money?
Breathe easier?
Be a healthy role model?



YOU DON'T HAVE TO DO IT ALONE!

Courage to Quit® gives you support to help you reach your smoke-free goals.

Tuesday, April 23, 2024 – Tuesday, June 18, 2024
IN PERSON

Session 1 Orientation plus 5 weekly sessions

4:00 PM to 5:00 PM

Take Action Today, 1805 W. Main, Marion



REGISTER NOW!

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COURAGE
QUIT

**RESPIRATORY
HEALTH
ASSOCIATION®**