

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.

Thursday, April 25, 2024 – Thursday, June 13, 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_{to}
QUIT[®]**

**RESPIRATORY
HEALTH
ASSOCIATION[®]**

