


SMOKING CESSATION SUPPORT GROUP

LIGHTS OUT



Sessions
April 7, 21
Decide to Quit

April 28, May 5
Plan to Quit

May 12, 19
Your Quit Day

May 26, June 2
Staying Quit

Quit the habit by joining
our free support group
today!

Call 504-609-3583 to
reserve your spot.

MONDAY EVENINGS

5:30PM-6:30PM

MARCH 31 THROUGH MAY 19 • 711 N. BROAD ST.

REQUIREMENTS:

- Willing and ready to quit
- 18 years of age or older
- Sign up before January 27th by calling 504-609-3583