

Are you going to make a New Year's resolution to overcome your

TOBACCO ADDICTION

so you can enjoy the benefits of better health, extra money in your pocket and healthier relationships?

HSHS St. Anthony's Memorial Hospital is offering the American Cancer Society's Freshstart® program. This program is for adults who are ready to quit smoking. Freshstart® addresses stopping smoking as quickly as possible and learning new techniques for ending your physical and psychological need to smoke.

Next Program Starts: Tuesday, January 3, 2017

Participants will meet for four sessions. Preregistration is required.

Dates: Tuesdays - January 3, 10, 17 and 24

Time: 5:30 - 6:30 pm

Location: Education Center at HSHS St. Anthony's Memorial Hospital

There is a \$20 registration fee for the program. Upon completion of the program, the fee will be refunded.

**For more information,
call 217-347-1529.
www.stanthonyshospital.org**

