

Are you looking to

**B**reak free from tobacco?  
**W**e are here to help.



**Free support, nicotine replacements, counseling and tips to help you on the road to being tobacco free.**

**~ CLASSES NOW FORMING ~**

Give us just over an hour a week and we can help you on the road to tobacco freedom!

What do you have to lose?

Register today: (717)264-1470 x118

**Monday, March 16\* at the Chambersburg YMCA**

**Tuesday, March 24\* at the Hospital in Chambersburg.**

**All classes start at 6:30pm.**

**Call to register today!**

*\* anticipated start dates*

Additional classes and support available,  
call 717.264.1470 or 1-800-Quit-Now

More information online at [www.hcpfranklinpa.org/ffs](http://www.hcpfranklinpa.org/ffs)

Class time runs 90 minutes or longer depending on topic and group participation.



ALA approval 01/03/2017  
DOH pending