

WHAT'S YOUR REASON TO QUIT SMOKING?

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.

Starting Thursday, April 18th

Every Thursday until May 30th

2 pm – 3 pm

Arrowleaf – 204 S St, Anna, IL



REGISTER NOW!

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arrowleaf[®]
Growth. Community. Transformation.

COURAGE
QUIT[®]



Southern
Illinois
Tobacco
Disparities
Partnership



RESPIRATORY
HEALTH
ASSOCIATION[®]

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