



Strive to win in 2010!!!!!!!

**The next GIFT: GAIN INDEPENDENCE FROM
TOBACCO class
will start on Monday, April 5th, 6 – 7:30 pm.**



If you have thought about trying to quit tobacco, found many challenges with a quit attempt, or have taken the GIFT class but slipped, and now you want to quit completely, call Dana to set up an appointment to help you:

- Understand the addiction of Nicotine
- Prepare for a successful quit attempt
- Learn new Coping Skills
- Realize that not everyone's experience is a horror story
- Learn how to deal with co-workers, family and friends that are less than helpful
- Understand that quitting takes time: it is a journey.
- Be a successful Quitter in 2010!!!!!!!



The GIFT class costs \$60.

There is also a \$25 deposit that is reimbursed on completion of the class.
Call Dana H. Breeding, RN Health Educator at 332-4988/932-4988
for more information.



What could you do with an extra \$1825 @ \$5/pack?