

QUIT FOR FREE!

SMOKING CESSATION

Every Thursday Evening

February 2 - March 2, 2017
(5 weeks total)

5:30—6:30 pm

**Jones Memorial Hospital
Walchli Education Room
191 N. Main Street
Wellsville, New York 14895**

Program Highlights

- **Ways to Stop Smoking**
- **Nicotine Replacement Therapy**
- **Withdrawal Symptoms**
- **Stress Management**
- **Assertiveness**
- **Modifying & Eliminating Stress**
- **Positive Thinking**

Presented by the Allegany Council on Alcoholism and Substance Abuse, Inc.

**Pre-registration required NO LATER THAN January 27, 2017,
by calling Ann Weaver at 585-593-1920, ext. 713**

Sponsored by: Allegany County



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