

FRESH START FOR 2020! QUIT TOBACCO!



Fact:
Smelling better is just one benefit of quitting.

- ➔ **20 MINUTES** after smoking your last cigarette blood pressure decreases, pulse rate drops to normal
- ➔ **8 HOURS** after quitting carbon monoxide level in blood drops to normal
- ➔ **24 HOURS** after quitting chance of heart attack decreases

INTRODUCTORY / ENROLLMENT SESSION **Monday, March 9th**

**Yavapai Regional
Medical Center Cafeteria**
1003 Willow Creek Road, Prescott
(Follow signs in main lobby to Cafeteria)

**Free Nicotine Replacement
Options Available —**
See Cessation Facilitator for Details

All sessions meet 7:00 – 8:30 p.m.

Tuesday, March 10th
Monday, March 16th
Thursday, March 19th
Tuesday, March 24th
Wednesday, March 25th

**Participants are encouraged to
attend all 5 sessions.**

For more information or to RSVP,
please call (928) 771-5102
Arizona Smokers' Helpline
1-800-556-6222



**YAVAPAI REGIONAL
MEDICAL CENTER**

Proudly Caring for Western Yavapai County

YRMC.org

YRMCHealthConnect.org



[YouTube](https://www.youtube.com)



**Health
connect**