

Quit tobacco!

Get a fresh start in 2021.

Introductory / enrollment session
Monday, July 26th

Dignity Health, 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, July 27th
- Monday, August 2nd
- Monday, August 9th
- Tuesday, August 10th
- Monday, August 16th

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

**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

