

READY TO QUIT?

Are you ready to give up tobacco and get a

FreshStart?

Join us at the
Gaylord E. Leslie Wellness Center
Conference Room
140 Fox Road Suite 101

January 10, 17, 24, & 31, 2012

7:15-8:30 pm



Quit now and have up to 10 more birthdays!

Join us for **FREE** support and counseling to help you quit tobacco and **STAY** quit.

Register by contacting Trisha, Alison, or Anne at 419.238.8691,
or email wellness@vanwerthospital.org

There is NO COST for this program or any of the materials!

It's not easy, but you can do it!

We can help.



*Van Wert County
Hospital*



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