

Feel **CHAINED** to your **Nicotine Addiction?**



Break Free from Nicotine with Our Proven Program

If you smoke, vape, or use smokeless tobacco and are ready to QUIT, join Freedom From Smoking®, American Lung Association's proven program to quit tobacco for good!

Class Includes:

- expert guidance and support.
- a step-by-step quit plan.
- tools to manage cravings.
- a supportive group on the same journey!

Planning a summer program that will meet weekly for seven weeks at the Crawford County Admin Bldg. Time and day is flexible, let me know what works for you!

**Call or e-mail Dawn for more information and to sign up
(608) 326-0232, dawn.adams@co.crawford.wi.gov**