



NOBODY

*** **QUITS LIKE** ***
CHICAGO

INTRODUCTION TO TOBACCO-FREE LIVING

Join us for a FREE workshop on quitting smoking or helping a loved one quit. We will cover:

- Tips for quitting
- Benefits of quitting
- Stop smoking medications
- How to make a quit plan
- Local cessation resources



**FREE
LUNCH**

Wednesday, August 19

11:30 am -12:30 pm

Better Center, 3954 W Cermak Road Chicago

RSVP: Melinda Rios at 773-522-5038



**RESPIRATORY
HEALTH
ASSOCIATION®**



**HEALTHY
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CHICAGO DEPARTMENT OF PUBLIC HEALTH



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