

QUIT SMOKING!

2020 can be your year to quit!

Don't let smoking be one more thing you have no control over this year.

Freedom From Smoking™ is a FREE 8 week class that will give you the tools to conquer smoking!

Free Quit Kit* Gift Card* Prizes

Classes begin October 1, 2020 and will be held every Thursday from 5:30-7:30 via zoom

Spaces are limited so call 760-878-8206 or email eclark@inyocounty.us to sign up!

**FREEDOM
FROM SMOKING®**



**AMERICAN
LUNG
ASSOCIATION®**



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