

# A Breath of Fresh Air



## Are you Ready to Quit Smoking?

**A Free program facilitated by Certified Tobacco Treatment Specialists for all Baptist Health Care employees**

- Six-week classes begin:  
December 1 (Tuesdays) from 1 to 2 p.m.  
December 3 (Thursdays) from 6 to 7 p.m.
- In the Gulf Breeze Hospital Resource Training Room
- For more information call 934-2107

Certified Tobacco Treatment Specialists will help you beat the habit of smoking and live longer and healthier. Quitting smoking helps lower your chance of heart attack, stroke and cancer. Plus you can create a healthier environment for your children and support them in not using tobacco.

- Live better and live longer
- Lower your chance of heart attack, stroke and cancer
- Provide a healthier environment for your children who will be less likely to use tobacco themselves

**Enroll through LMS**

