

Do You Have Diabetes and want to QUIT SMOKING?

Join us for **FREE** Quit Smoking Workshops



Participants learn:

General knowledge about nicotine addiction

What a cigarette is made of

What & how harm is caused

Personal readiness level

Steps to begin the quit process

How to personalize a quit plan

Strategies to make quitting successful

Medications available and how they help

Resources for support

These Workshops are a two part series.

Part I – Wednesday, May 13, 2009 & Part II- Thursday, May 21, 2009

Time: 1:00 pm – 2:30 pm

Where: Auburn Memorial Hospital

2nd Floor Conference Room

Parking is Free.

**Seating is limited! Reserve your space for this FREE event
call 315-252-4212.**

This program is sponsored by the Diabetes Prevention Partnership Program -Cayuga County
In collaboration with the Tobacco Cessation Center at St. Joseph's Hospital

