

Are you thinking about quitting tobacco?

2023 Tobacco Quitting Info Sessions Come learn what's available in Nebraska and locally to help you quit.

You'll also find out about two tobacco quitting programs:
Beat the Pack™ & Freedom from Smoking

It's here. It's free.

It can help you quit using tobacco. (chew & cigarettes)

Learn more about the health benefits of quitting.

**Choose One 45-minute Session
from the options below:**

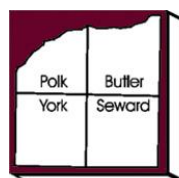
January 5	9:30am
April 6	12:00 pm
July 6	3:00pm
October 5	6:00pm

Call for registration. You can participate via Zoom or in-person.

**If none of these dates/times work for you, please let us know.
We may be able to schedule additional sessions.**

For location changes or to register, please contact:

Four Corners Health Department
402-362-2621 or 877-337-3573
angeld@fourcorners.ne.gov



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.