

TOBACCO QUITTING INFORMATION SESSION

**Are you thinking about quitting tobacco?
Come learn all that's available in Nebraska to help you quit.**

You'll also find out about a 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)

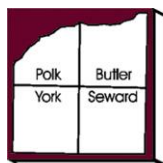
Learn more about the health benefits of quitting.

Date: Thursday, February 16, 2023

Time: 1:30 to 2:30PM

**Location: York Housing Authority – Leisure Home
215 N. Lincoln Avenue, York**

Registration requested. Please contact: **Four Corners at 402-362-2621.**
Or send email to info@fourcorners.ne.gov



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.