



**Would YOU like to look healthier, breathe easier,
and have more energy?**

Could YOU use an extra \$1500 a year?

Do YOU want to enjoy a longer life?

You can Quit Smart

The Quit Smart System:

Ease off Nicotine.

Use your mind to help.

Use a hypnosis audiotape.

Decide whether to use medication.

Break the habit of smoking.

The cost of the Quit Smart class is \$130.00.

**Please contact Pottawattamie County Tobacco
Prevention Coalition for more information at
712.325.6831.**