TRYING TO QUIT?
WE HAVE OPTIONS.

BELIEVE YOU CAN AND YOU'RE HALF WAY THERE. *-THEODORE ROOSEVELT*

Plan to be Tobacco Free

This program serves as a great prep program before delving into a more extensive cessation program. The Kentucky Cancer Program has developed a new educational program to assist thousands of Kentuckians who are interested in overcoming tobacco use and dependence. Tobacco Treatment Navigators are conducting free, in-person classes at community locations for individuals who use tobacco, for their friends, and for families.

Cost- FREE
Call **(270) 821-4298** to find a class near you!

Plan to be Tobacco FREE. KCP www.kycancerprogram.org

KCP Kentucky Cancer Program

Freedom From Smoking

The American Lung Association's Freedom From Smoking program is a proven way to quit smoking—and stay quit—even if you've tried before and went back to smoking. This 8 session, peer-support program allows those who are on similar tobacco-free journeys to share in both their struggles and successes while achieving the ultimate goal of quitting forever!

This program can be offered online or in person.

Online Class:
Cost-$99.95
https://www.freedomfromsmoking.org/

In-Person Class:
Cost-$50.00
Call the CCHD for in person sessions.
***Must have 5 or more willing to participate in an 8 session program.*

AMERICAN LUNG ASSOCIATION. FREEDOM FROM SMOKING®

QUIT NOW KY

Quitting tobacco is a process that takes courage, time, and energy. It can sometimes take several attempts to learn the best way to stay quit for good. Our over-the-phone program will provide convenient help as you deal with the emotional, behavioral, and physical parts that make quitting so hard. The Quitline provides guidance and support throughout the entire tobacco quit process to help you:

- Prepare a quit plan
- Set a quit date
- Understand tobacco triggers
- Manage cravings
- Get back on track after relapses

Cost– FREE
Call **1-800-QUIT NOW** to sign up!

QuitNow Kentucky

Bring proof of registration for any of the programs listed, and the Christian County Health Department will provide **Free** Nicotine Replacement Therapy!

CCHD Christian County Health Department

Contact us for more information!
PHONE: 270-887-4160
WEBSITE: www.christiancountyhd.com

Scholarships available for those who qualify!

STAY CONNECTED