

***Are you ready to kick
the tobacco habit for good?***

**The Cooper/Clayton Method
to Stop Smoking can help!**

It's a safe & effective program!!!

This 13-week program combines nicotine patches, gum, or lozenges with counseling and social support to maximize success with minimal relapse. A trained facilitator, in a supportive group setting, provides the intervention, which addresses all aspects of smoking – physical, psychological, and behavioral.

To find out when the next Cooper/Clayton program starts or for more information, call the Christian County Health Department at (270) 887-4160 or visit www.StopSmoking4Ever.org

The class meets **every Monday at 5:15 pm for one hour** in the **basement of the Christian County Health Department** at 1700 Canton Street, Hopkinsville.



The Cooper/Clayton Method to Stop Smoking is made available to Kentuckians through the Kentucky Cancer Program and its partners.

