

Public **S**ervice **A**nnouncement

Date: September 18, 2012 Contact: Linda Hildebrandt
To: Local Media 815 802 9395
From: Kankakee County Health Department
2390 W Station
Kankakee, IL 60901
Subject: Tobacco Cessation Classes

Start 2013 Smoke Free!

At one time smoking seemed "cool,"
but it has become more and more expensive,
and less and less desirable.

Smoking is no longer allowed in public places,
including worksites and restaurants.

Each year, about 70% of adult smokers in the U.S. report they want to quit.

The New Year is a little over 3 months away.

Start 2013 tobacco free!

Join a "Freedom from Smoking" class beginning

Wednesdays, October 10 – November 28, at 6 pm- 7 pm.

Call 815 802 9395 for more information or to register.

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