



Quitting smoking is the single most important step you can take to enhance the length and quality of your life.



You Can Quit™

A Smoking Cessation Program

Why Quit?

- **20 minutes** after quitting, your body begins to heal
- **1 - 9 months** after quitting, coughing, sinus congestion, fatigue and shortness of breath decreases
- **1 year** after quitting, your chance of having a heart attack is cut in half
- **5 years** after quitting, your risk of stroke is reduced to that of a non-smoker



**Summit County
Public Health**



Join a Quit Group!

**Miner's Creek Room
Medical Office Building in Frisco**

September 3rd	12:00 – 1:30 pm
September 17th	12:00 – 1:00 pm
September 24th	12:00 – 1:00 pm
October 1st	12:00 – 1:00 pm

Please plan to attend all sessions and feel free to bring your lunch.

**Space is limited. Registration required. Please call CMC at 970-453-6757 or 970-468-5989 to register for this FREE class #44439 You can quit!
Smoking cessation program**