

# BE TOBACCO FREE

*There's never been a better time to quit!*

Four-week educational sessions  
begin on the first Monday of each month

5:30 – 6:30 PM

Southern Maine Medical Center  
Cardiopulmonary Wellness Center



Southern Maine Medical Center and Coastal Healthy Communities Coalition have joined forces to offer **free** smoking cessation classes to assist you in being successful when you quit smoking. This program is offered to any group or individual seeking to be tobacco free.



**Please call 283-7272  
to sign-up today!**

