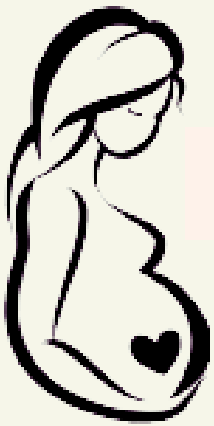


Smoke-Free Pregnancy

BETTER YOU, BETTER BABY

March 21st - May 23rd

Tuesdays from 5:30-6:30pm



5 WORKSHOPS

5 SUPPORT SESSIONS

REFRESHMENTS, GIFT CARDS, AND
GIFTS FOR BABY

Let us help you quit smoking with

- Techniques up to **three times** more effective than traditional quit-smoking classes.
- Classes are led by doctors and trained facilitators with decades of experience.
- Peer-to-peer mentorship and support.

For more information or to register, use the **QR Code** or visit:

<https://tinyurl.com/2p8s9y3f>

For questions give us a call or check out our Facebook Page



541-229-8987



DouglasPublicHealthNetwork/

Community Cancer Center



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