

# Have you tried quitting?

# TRY AGAIN

Less than 7 percent of smokers are able to quit without help.

Using nicotine replacement therapy (such as patches, gum or lozenges) with support increases your chances of quitting by up to 70 percent.

## Noon

## August 29

**Department of Health  
Room 516 C  
1845 Holsonback Dr.  
Daytona Beach**

Quit with this six-week class—at NO COST TO YOU. You will receive all the tips and tools you need to successfully quit tobacco for good, including nicotine replacement therapy.

**To register call: 904-482-0189**

