



STRUGGLING TO QUIT? WE CAN HELP!

Are you struggling to quit smoking? The Freshstart program can be your start to a new life without cigarettes! It consists of a 1- hour session each week for 4 weeks. **To register, call The Coalition at (936) 634-9308.**

Choose your class:

Option 1:

When: April 25th from 5:30-6:30 pm

Where: ADAC, 302 N Raguet Lufkin, TX

Facilitator: Shelly West, YPI Program Manager

Option 2:

When: April 26th from 5:30-6:30 pm

Where: American Cancer Society, 212 Gene Samford Dr. Lufkin, TX

Facilitator: Stacey Hargroue, RPh

