

# Do you want to quit using tobacco? We are here to help you.

We hope to decrease the number of people who develop cancer, heart disease, lung disease and other illnesses caused by tobacco.

The Wellness Program of Mercy and Unity hospitals offers The American Lung Association's **Freedom from Smoking** series to help you start your journey to become tobacco-free. Topics include health issues associated with tobacco use, coping skills to prevent relapse and group support to reinforce your decision to stop using tobacco.

- Attend a series of eight classes on Mondays from 5:30-7:30 p.m. at Mercy Hospital (One of the classes will be held on Wed., March 7)
- Classes are held Feb. 13-March 26
- Open to community members and Allina employees
- Cost: \$100 (some insurance plans reimburse members for this series)
- Call 763-236-8008 to ask about possible scholarships
- Be Fit: Allina employees and spouse/partner can take the series at no charge



New classes begin Feb. 13, 2012

Mercy Hospital, East Building,  
6th Floor Conference Room

For more information, please call  
763-236-8008

To register for the series, call  
1-866-904-9962



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