

Are you looking to

**B**reak free from tobacco?  
**W**e are here to help.



**Free support, nicotine replacements, counseling and tips to help you on the road to being tobacco free.**

~ **TUESDAY EVENING CLASSES NOW FORMING** ~

Give us just over an hour a week\* and we can help you on the road to tobacco freedom!

**HCP Office**  
**232 Lincoln Way E, Chambersburg**  
**6:30pm**  
**Aug 8– Sept 26**  
**Call 717.264.1470 to register**

Additional classes and support available, call 717.264.1470 or 1-800-Quit-Now

More information online at [www.hcpfranklinpa.org/FFS.html](http://www.hcpfranklinpa.org/FFS.html)

This project funded through a grant from the Pa. Department of Health.  
Class time runs 90 minutes or longer depending on topic and group participation.

 **AMERICAN LUNG ASSOCIATION**

**FREEDOM FROM SMOKING** 

ALA approval 01/03/2017  
DOH pending