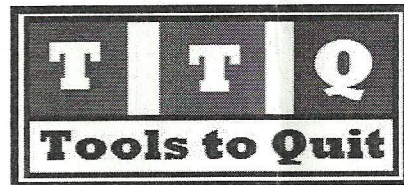


Breathe Free

*Attend our FREE
Tools to Quit Program*



Tools to Quit is a *two-hour seminar* where you'll get information on how to select and get ready for your quit date! You'll learn about what triggers you to smoke, dip, or chew, and how to handle withdrawal symptoms. The program offers *free nicotine patches, lozenges, and/or gum* (while supplies last), as well as follow-up support.

Call Joan Castleman at 352 273-6362 if you have questions or are interested in attending a session.