



# KANKAKEE COUNTY HEALTH DEPARTMENT

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Public Service Announcement

Contact: Linda Hildebrandt  
Health Educator

Subject: Smoking Cessation Classes

Phone: 815 802 9395

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Are you:

Tired of being chained to cigarettes?

Upset at the amount of money you spend on each pack?

Not looking forward to the cold winter and having to smoke outside?

Thinking about quitting?

If you smoke, you are now part of a minority - most people **do not** smoke

Maybe **NOW** is the time to quit.

Sign up for the next *Freedom from Smoking* program

Classes will be on Wednesdays, September 8 – October 20, at 6–7 pm

**Free** nicotine replacement patches available to participants!

For information, call the Kankakee County Health Department **815- 802- 9395**

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