

Quit smoking for good. And benefit around the clock.

Look what happens when you quit!

In just **20 MINUTES:**
Your blood pressure drops

In just **8 HOURS:**
The oxygen level in your blood
returns to normal

In just **1 DAY:**
Your chance of a heart attack
decreases

In just **2 DAYS:**
Your ability to taste and smell
is enhanced

In just **2 WEEKS:**
Walking becomes easier and your lung func-
tion increases

In just **1 YEAR:**
Your extra risk of coronary heart
disease drops to half that of a smoker

Sign up for the
Freedom From Smoking[®] program now!



Quitting is hard. Register for the
Freedom From Smoking[®]
program and learn how to
overcome your tobacco addiction.

Small group setting.
Fun, interactive learning environment.
Participant workbook and other
informative materials provided.



*Cost will be waived to the first 20
Haywood Co. Health Department Employees that register.*

Date: Wednesday, August 12th
Time: 4:00 pm at Haywood Regional Health
& Fitness Center

**For more information or to register,
call: 452-8088.**

 **AMERICAN
LUNG
ASSOCIATION[®]**

Freedom
FROM SMOKING[®]