

# **Get Fit & QUIT!!!**

YOU can get the help you need to become FREE from tobacco!! (cigarettes and/ or smokeless)

**What?** Tobacco Cessation Classes:  
(One for Teens and One for Adults)  
FREE to ALL teens & FREE to 1st 20 Adults!

**When?** Tuesday Nights for 10 Weeks  
from 6:00 to 7:00 PM  
Starts March 23, 2010

**Where?** Haywood Regional Health & Fitness Center

**Why?** Learn Tips to Help you Kick the Habit  
Get Support & Encouragement from Others  
Who Are Committed to Quitting

Get Free Stuff!  
Get Free Food!!

**To Sign Up for**

**FREE Tobacco Cessation Classes,  
Please contact Susie Bryson:**

**E-Mail: [susie.bryson@haymed.org](mailto:susie.bryson@haymed.org)**

**Phone: 828.452.8088**

**Or Visit: [www.NonSmoker.Me](http://www.NonSmoker.Me)**

## **EXERCISE can HELP YOU QUIT!**

Remember to sign up between  
March 15th & 19th  
for the Fitness Challenge !!

**Only \$10 gets you 8 weeks  
of fitness (24 visits) at  
Awesome Haywood County  
Fitness Locations!:**

Club 56—Frog Level,  
Basulto Gracie Jiu Jitsu,  
Curves - Waynesville,  
Haywood Regional Health  
& Fitness Center,  
Junaluska Driving Range,  
Raqs Beledi—Belly Dancing,  
The Fitness Connection,  
Waynesville RecCenter & Armory  
World Gym—Canton

**For more info visit:  
[www.healthyhaywood.org](http://www.healthyhaywood.org)**