

FREE Tobacco Cessation Information & Resources!

- FREE referral to a quit line with confidential counseling services and nicotine replacement therapy

Thursday, February 7th
2 Classes Offered:
1 pm—2pm OR
6 pm—7 pm
Central Administrative Offices-
PDC Room
602 N. Lincoln

Tobacco Cessation Class

Presenter:
Becky Lamb, RN
Arkansas Department of
Health
Wilbur Mills Coop.

**To Register
Contact:**
Kelly Spencer

kelly.spencer@cps.k12.ar.us

843-3363 x 1204

Are you a current tobacco user who wants
to stop?

Learn how to access free nicotine
replacement therapy!

**Last year's class resulted in
2 participants quitting tobacco
use!**

All contacts will remain confidential!