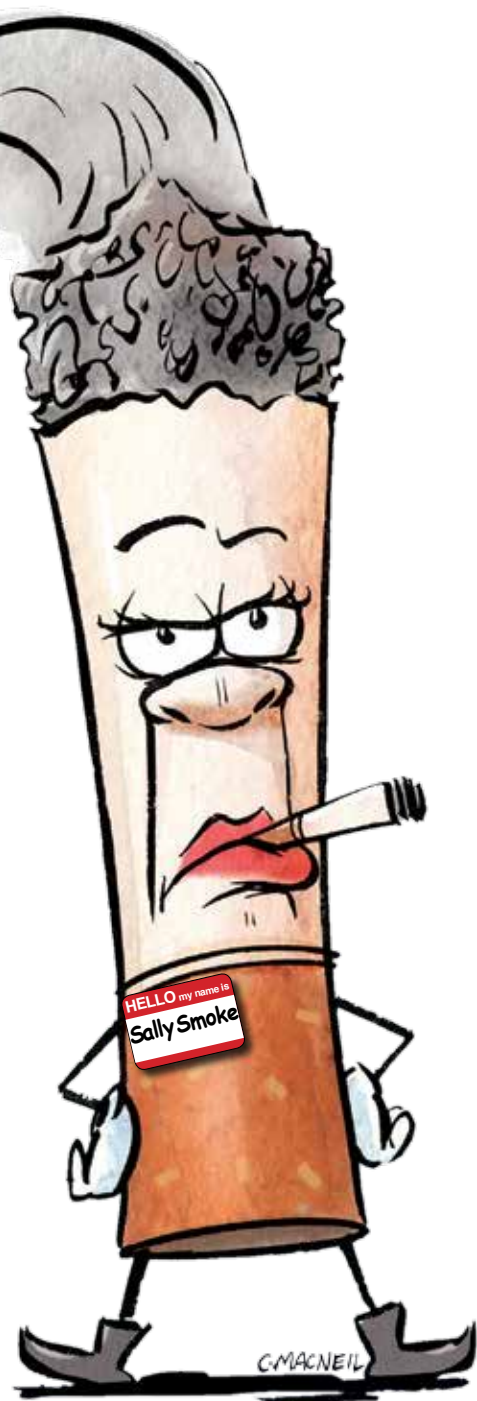


# You Can **QUIT** & For Free!

**Stop Smoking Today with Our Help!**

The Quit Smart Tobacco Cessation program can help you stop smoking. Lunchtime and evening classes are available across the Cone Health network (Alamance Regional, Annie Penn, Cancer Center, MedCenter High Point, MedCenter Kernersville, MedCenter Mebane, Moses Cone and Wesley Long). It's not easy quitting smoking. **We're ready to help you break free from cigarettes.**



"It's time to **QUIT** Sally!"

**Register today for the next free 4-week QuitSmart class.**

Call (336) 586-4000, email [lifelifewell@conehealth.com](mailto:lifelifewell@conehealth.com)  
or sign up on [conehealth.com/classes](http://conehealth.com/classes).