

# KICK<sup>THE</sup> HABIT



## Tobacco Cessation Program

**Date:** Wednesdays beginning in April  
April 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>

**Time:** 10:30 – 11:30 a.m.

**Location:** Paris-Lamar County Health District  
400 West Sherman Street  
Paris, Texas 75460

**RSVP:** (903) 785-4561 and ask for Emily

This three week course will provide you with motivation, education and support to help you reach your goal.

Classes will be a multi-disciplinary approach with Dr. Amanda Green and Emily Neeley, Community Health Worker. Many helpful resources and tools will be given to everyone who attends.

Cost is **FREE**. The first 10 people to register and attend all 3 classes will receive a goody bag with helpful information and prizes!

