



Clear your lungs with Saint Luke's Cardio Health & Wellness Smokeout program

Kick the Habit for Life

Quitting for good can give you back years of your life. It isn't easy, but you don't have to do it alone. You can succeed with help from Saint Luke's Charles & Barbara Duboc Cardio Health & Wellness Center. Our smoking cessation program is led by a certified coach and costs just \$75.

In only four sessions, you'll be on your way to improving your lung function and reducing your risk for cancer, stroke, and coronary disease.

You can do this.

Call today to sign up.

2018/2019 Sessions

Fall 2018 **Nov 5, 12, 14, 19**
Winter 2019 **Jan 7, 14, 16, 21**
6 pm – 7 pm

**Saint Luke's
Charles & Barbara Duboc
Cardio Health & Wellness Center**
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 **Saint Luke's**
CHARLES & BARBARA DUBOC
CARDIO HEALTH & WELLNESS CENTER