

Quit Smoking for Good

Smoking Cessation Program

In just 8 hours: The oxygen level in your blood returns to normal

In just 2 weeks: Walking becomes easier and your lung function increases

Weekly program offered in two locations:

Willington

Tuesdays, April 17 through
May 29 and Thursday, May 10
4:30 to 6 p.m.
Willington Public Library
7 Ruby Road

Ashford

Wednesdays, May 2 through
June 13 and Friday, May 25
4:30 to 6 p.m.
Babcock Library
25 Pompey Hollow Road



Cost, \$25 - refunded upon completion of the program. Program is only offered to Ashford, Union and Willington residents.

860-272-2900
for more information or to register

Johnson Memorial Hospital

jmmc

www.jmmc.com

