

Quit for health

Quit for family

Quit for LIFE

Clay County Public Health Center is hosting a smoking cessation workshop to help pull you out of the smoking cycle.

Participants will learn...

- Why we smoke
- How to get in-touch with the habit
- To understand, control, and beat smoking cravings and urges
- To prepare for a life that is tobacco free
- To create a support system
- To develop long term strategies for success

Class dates: 1/25, 2/1, 2/3, 2/8, 2/9, 2/10, 2/12, 2/16, 2/19, 2/23

Time: 6:30-8:00 pm

**Place: Clay County Public Health Center
800 Haines Drive
Liberty, MO 64068**

Cost: \$75.00, partial reimbursement upon successful completion of the class

**Register: Elizabeth Jackson
816-595-4236**

CLAY COUNTY
Senior Services

