

Get Ready To...



Need some help to quit smoking or using tobacco?

Join a free weekly support group to help you prepare mentally and physically to stop smoking/quit tobacco for life.

Every Thursday, 7-8 p.m.

St. Luke's Hospital

Room 208

(follow directional signs)

Program led by registered Respiratory Therapists

For more information, call Lisa West, RRT, at 828-894-0847

 **St. Luke's Hospital**

