

freshstart

TOBACCO CESSATION

Based on the American Cancer Society's freshstart® tobacco cessation program.

Thursdays,

September 18, 25, October 2 & 9

12:00 Noon – 1:00 PM

Shelburne Town Offices

5420 Shelburne RD. Suite 200

Co-sponsored by: Town of Shelburne and Cy-Connecting Youth in Chittenden South

4-week series of classes

If you are ready to quit smoking, we can help you do it!

Call 383-1219

PRE-REGISTRATION IS REQUIRED.

CY-Connecting Youth in Chittenden South

will pay the \$10 registration fee

\$50 gas cards will be given to those who complete all four weeks of classes.

Free nicotine replacement available for up to 12- weeks!



The University of Vermont