

FREEDOM FROM SMOKING® CLINIC BEGINS JULY 10, 2008

Are you a smoker thinking about quitting? Saint Francis Hospital is offering a Freedom from Smoking® clinic to anyone interested in ways to quit. The program will focus on behavioral changes in a positive way and has been helping people for over twenty years.

If you are looking for freedom from smoking, you are encouraged to attend the first session on July 10th. The clinic is held on Thursday evenings, eight sessions over a seven week period.



For more information about the Freedom from Smoking® program, or to register for the July/August clinic call Clara Clay at 304-347-6564.