

7 good reasons to stop smoking

1. You will lower your risk for cancer, heart attacks, strokes, and other diseases.
2. You will have more energy and better focus.
3. Your senses of smell and taste will be better.
4. You won't have to worry: "When will I get to smoke next?"
5. You will have more money to spend on other things.
6. Your family and friends will be proud of you
7. YOU will be proud of yourself!

A program that can help

The Cooper/Clayton Method to Stop Smoking is a free, effective cessation program that:

1. Addresses all aspects of the smoking addiction.
2. Uses nicotine gum, patches or lozenges to control cravings.
3. Provides weekly education and support group classes for 13 weeks.



The next local Cooper/Clayton class will begin at (time) on (day, date) at (location).

For more information, call xxx xxx-xxxx.

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