

JOIN US FOR A FREE SESSION!

# Plan to be Tobacco Free

Plan to be Tobacco Free was developed by the Kentucky Cancer Program to assist thousands of Kentuckians who want to stop using tobacco. Attend this one-time educational session with a trained navigator who will provide you with a toolkit to help you create a plan to be tobacco free.



**The 3rd Thursday of every month  
12 pm & 6 pm via Zoom**

*\*Please ensure access to video for class*

To register, email [KCPEast@uky.edu](mailto:KCPEast@uky.edu) to receive the Zoom link invitation and materials. Questions call 859-323-9949