



# Let us help you quit *For Life!*

**Register now for Freedom From Smoking Clinics that begin April 7, 2015!**

**Freedom From Smoking is offered FREE of charge to individuals through Tobacco Free North Iowa. Call (641) 421-9329 for more information.**

## **Proven Effective!**

People who use the program are **SIX TIMES** more likely to be smoke-free one year later than those who try to quit on their own.



Tobacco Free North Iowa is a collaboration of:



*Cerro Gordo County  
Department of Public Health*

