

JOIN US FOR A **FREE MOTIVATIONAL TOBACCO CESSATION CLASS**

TO GUIDE YOU ON YOUR PATH
TO A NICOTINE FREE LIFE

**THURSDAY, NOVEMBER 5
at 6:30 PM**

JCH&L Clinic Conference room, 2200 H St.
(Use the Main Entrance and follow the signs).

*Please RSVP to Missy Klasek RN, Tobacco Treatment Specialist
at 402-729-3351, ext 4266 or
email melissa.klasek@jchealthandlife.org*

**ATTEND THE CLASS FOR A CHANCE TO WIN A \$30 RAY'S APPLE MARKET
GIFT CERTIFICATE AND PREPARE FOR THE GREAT AMERICAN
SMOKEOUT ON NOVEMBER 19!**

No judgement.

No pressure.

Just support & tools.

You are stronger than tobacco.

JEFFERSON COMMUNITY
Health & Life

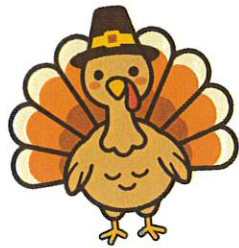


THE GREAT
AMERICAN SMOKEOUT®



NOVEMBER 19

JEFFERSON COMMUNITY
Health & Life



**YOUR
THANKSGIVING
TURKEY AND TRIMMINGS
COULD BE ON US!**

Join JCH&L in taking the **24-hour tobacco-free challenge!** One day can be the first step toward a healthier, tobacco-free life. Make a plan, find support, and give yourself a fresh start.

**GO 24 HOURS TOBACCO-FREE FOR A CHANCE TO WIN
A \$50 RAY'S APPLE MARKET GIFT CARD!**

How to enter:

If you currently use tobacco, participate in the November 19 challenge and report that you have been tobacco-free for a full 24 hours to:

Missy Klasek, RN

Tobacco Treatment Specialist

402-729-3351, ext. 4266

**START WITH ONE DAY. TAKE A STEP TOWARD
LASTING CHANGE.**