

# HEY, WANNA QUIT SMOKING?



## We'll **HELP** you for **FREE**

Call the BSD Wellness Center  
at 698-0073 to find out more.

**All calls are confidential.**

- 5 counseling sessions over the phone.
- Patches, gum and lozenges are available **FREE** of charge.
- Access to self-help booklets designed to keep you motivated and prepared for life without smoking or tobacco.
- Advice about support programs available in our community.

