

Quit smoking for good. And benefit around the clock.

Look what happens when you quit!

In just **20 MINUTES:**

- ▶ Your blood pressure drops

In just **8 HOURS:**

- ▶ The oxygen level in your blood returns to normal

In just **1 DAY:**

- ▶ Your chance of a heart attack decreases

In just **2 DAYS:**

- ▶ Your ability to taste and smell is enhanced

In just **2 WEEKS:**

- ▶ Walking becomes easier and your lung function increases

In just **1 YEAR:**

- ▶ Your extra risk of coronary heart disease drops to half that of a smoker

Sign up for the
Freedom From Smoking[®] program now!



Quitting is hard. Register for the *Freedom From Smoking*[®] program and learn how to overcome your tobacco addiction.

- ▶ Small group setting
- ▶ Fun, interactive learning environment
- ▶ Participant workbook and other informative materials provided



Date: **Mondays, starting January 18, 2010**

Time: **6:30pm**

Location:

Lake Forest Health & Fitness Center

For more information or to register, call:

Jennifer Labovitz

847-535-7071, jlabovitz@lfh.org

 AMERICAN LUNG ASSOCIATION[®]

Freedom
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