

**In a little more than an hour a week, you can stop smoking!**

# Freedom From Smoking

*I was a cigarette smoker for 16 years...I've ruined clothes, cars, and apartments with the smell and burn marks... I realized it was time to get rid of the habit altogether and called (HCP). .. Once I was able to find alternatives to smoking...I was able to map out a way to avoid cigarettes.*  
~Keith

## **Chambersburg** **Schedule of Classes**

- **April 1– May 20, 2014:** Coyle Free Library (Tues 6:30 pm)
- **May 5-June 30, 2014;** Chambersburg Hospital Cafeteria Meeting Room (Monday; 6:30 pm)

## **Waynesboro** **Schedule of Classes**

- **April 2-May 21 2014 ;** Waynesboro 7th Adventist Church, 1 State Road, Waynesboro (Wednesday, 6:30pm)

**TO REGISTER CALL 264-1470**

**Classes are FREE; participants receive resources, tips and tools to improve Quit Success Rates. Register today!**

Not able to make a class? Try the PA Quit-Line at 1-877-724-1090.

Call 264-1470, ext. 4 for additional information or visit [www.hcpfranklinpa.org](http://www.hcpfranklinpa.org) for the most up to date schedule of events, classes and support group meetings.