



If you're ready to **QUIT SMOKING NOW**, we're ready to help!

Coastal Health & Wellness is now offering a smoking cessation program that includes:

- Group Sessions - will be offered to those 21 years and older and meet once a week for six weeks. Groups will meet Wednesdays from 1 p.m. to 2:30 p.m.
- Individual counseling sessions

For fees and other information interested clients can call the **Coastal Health & Wellness Contact Center** or inquire with Check Out Services.

(409) 938-2234

www.CoastalHW.org

Reasons for Quitting

- Quitting lowers the risk for lung and other types of cancer.
- Quitting reduces the risk for coronary heart disease, stroke, and peripheral vascular disease.
- Quitting reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- Quitting reduces the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- You will smell better and save money.