

# You can quit. We can help.

## Smoking Cessation Program



**Sign up now by calling (225) 650-2000**  
It's never too late to quit smoking! Call today!

### Smoking Cessation Program includes:

- An initial in-person assessment
- Four Counseling Sessions via telephone
- Free products such as nicotine patches
- Other helpful resources available

### Benefits to kicking the habit:

- Your risk of a heart attack declines immediately
- Live longer
- Brighter smile
- Get sick less often

