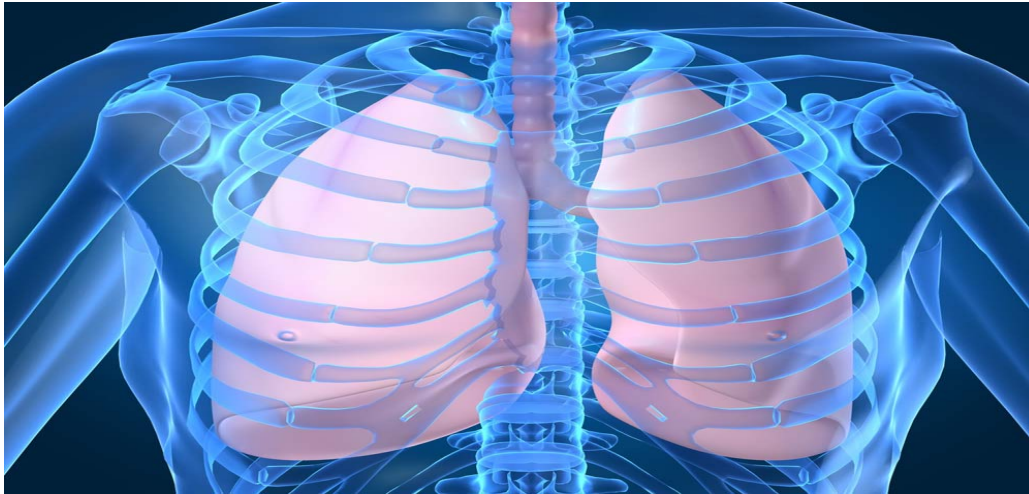


# Isn't It Time To Quit?



## **Freedom** FROM SMOKING

**American Lung Association**

**HOW:** 8 sessions designed to offer individuals a step by step plan for quitting smoking. How to quit, not why to quit

**WHEN:** Every Thursday at 5:30pm, starting January 29, 2009

**WHERE:** Center for Black Women's Wellness, 477 Windsor Street, Suite 309 Atlanta, GA 30312

This program is FREE, please contact Rasaan Jones @ (404) 688-9202 ext 15



Center for Black Women's  
Wellness

