



For more information visit us online:
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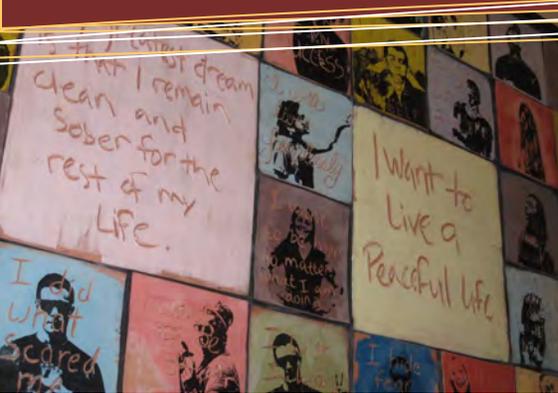
Phoenix Programs, Inc.

*Are you
Ready to
Quit
Smoking?*

*The Freedom
From Smoking
program has helped
hundreds of
thousands of people
quit smoking – and
it can help you, too!*

Freedom From Smoking®

American Lung Association &
Phoenix Programs, Inc.



There are so many reasons to quit smoking! Here are a few:

For your health! According to the Surgeon General, **quitting smoking is the single most important step a smoker can take to improve the length and quality of life.** As soon as you quit, your body begins to repair the damage caused by smoking.

To save money! It's getting more expensive to smoke cigarettes. State and federal cigarette taxes continue to go up and in some places, a pack of cigarettes can cost \$10.00. Even if a pack costs "only" \$5.00 where you live, **smoking one pack per day adds up to \$1,825.00 each year.**

It's good for the people around you! Cigarette smoke is harmful to everyone who inhales it, not just the smoker. Children who live with smokers get more chest colds and ear infections while babies born to mothers who smoke have an increased risk of premature delivery, low birth weight and sudden infant death syndrome (SIDS).

Phoenix Programs can help you quit for good. We offer the Freedom From Smoking program. A clinic with proven results that can help you QUIT.

Freedom From Smoking

The Freedom From Smoking® group clinic includes eight sessions and features a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of a group.

For more information go to
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or call 573-875-8880.

A New Perspective on Prevention, Treatment and Recovery - for Individuals, for Families - for Over 35 Years