



FREE Tobacco Cessation Education Class
Monday, 1/23/12 5:30p-6:30p

Come learn the effects tobacco has on your health, what medications are available, learn about nicotine withdrawal, tools to kick the habit for good and community resources.

Guest speaker: JaNena Milburn, Family Nurse Practitioner.

Partnering with 1-800-QUITNOW

Handouts and light refreshments will be available.

Call Jill @ 405-756-1414 to RSVP

