

# Freedom From Smoking

Sponsored By

## ILLINOIS VALLEY COMMUNITY HOSPITAL

### Eight Session, Seven Week Program

Session	Session Title	Date
1	Thinking About Quitting	Tuesday, September 19, 2017
2	On the Road to Freedom	Tuesday, September 26, 2017
3	Wanting to Quit	Tuesday, October 3, 2017
4	Quit Day – You decide when	Tuesday, October 10, 2017
5	Winning Strategies	Thursday, October 12, 2017
6	The New You	Tuesday, October 17, 2017
7	Staying Off	Tuesday, October 24, 2017
8	Celebration	Tuesday, October 31, 2017

Held at

### IVCH Women's Health Conference Room

Across the street from IVCH at 920 West Street - Building B

Access building from 6<sup>th</sup> Street Entrance

**6:30 - 8:00 pm**

**Fee: \$40.00 – For all eight sessions &**

**Book with relaxation CD**

**Registration Required – Call (815) 780-3337**

Or go to [www.ivch.org](http://www.ivch.org)