Thinking About Quitting Smoking?

LEARN MORE:

Every 4th Wednesday of the Month
10am or 5pm

No sessions in November or December

SESSION HIGHLIGHTS
Tobacco Use Information
Lung Demonstration
Health Effects
Benefits of Quitting
Resources

We understand quitting is about more than just not smoking. When you join Quitline Iowa program, a Quit Coach® will help you become an expert in living without tobacco using "The 4 Essential Practices to Quit For Life," based on 25 years of research and experience helping people quit tobacco.

Nicotine Replacement Therapy available for limited time.

To RSVP contact IHH—Integrated Health Home 563.557.4422
For more information call 563.583.6431 or email vicki.gassman@hillcrest-fs.org

You can quit. We'll show you how.

Hillcrest United Way Building
(by the Town Clock)
220 W 7th Street
Dubuque IA 52001

Tobacco Use Prevention

IHH—Integrated Health Home