

# SMOKING CESSATION SUPPORT GROUP

## *Penn Highlands DuBois*

Smoking is bad for us, but quitting is hard. We are here to help.

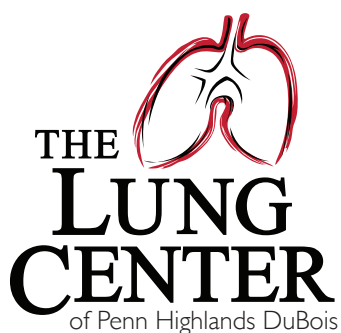
This group is held for people to avoid a relapse and to provide tools for quitting tobacco use. Participants do not need to be free of tobacco use to attend.

**Meetings will be every fourth Tuesday of the month in The Lung Center waiting room at Penn Highlands DuBois from 6:00 PM to 7:00 PM.**



Each session is free to attend.  
Registration is not needed.

**If you have any questions, call 375- 3575  
or The Lung Center at 375-3770.**



### THE LUNG CENTER

100 Hospital Avenue  
DuBois, PA 15801  
**814-375-3770**

[www.phhealthcare.org](http://www.phhealthcare.org)

