

*Do you want to be healthier and breathe better?
...save money for a vacation this summer?
...be a better role model to the kids?
...learn healthy ways to beat stress?*

Join the majority ... Become a nonsmoker!

***Get a healthy start to the season!
We' will help you prepare
to quit smoking and
finally kick that bad habit.***

Join our No-Cost

BREATHE FREE

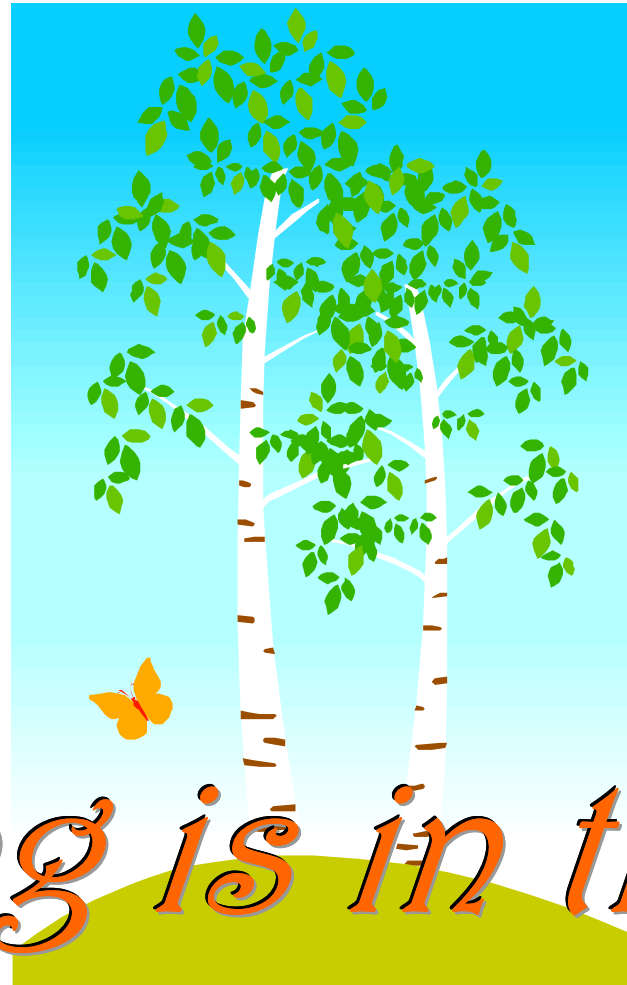
Smoking Cessation Program

Time: 5:30-6:30pm



ASIAN HUMAN SERVICES

***Conference Room
4753 N. Broadway St. Suite 700
Chicago, IL 60640***



**FOR COMMUNITY MEMBERS
2009 Schedule**

Orientation: Wed, April 1

Ses. 1: Wed, April 8

Ses. 2: Wed, April 15

Ses. 3: Wed, April 22 QUIT DAY

Ses. 4: Fri, April 24

Ses. 5: Wed, April 29

Ses. 6: Wed, May 6 GRADUATION

***If you have questions or interested
in signing up, please call
JP Jael at 773-293-8469***

Spring is in the air!

***AHS Community Health Program's Breathe Free Smoking Cessation Program is funded by
the Asian Pacific Partners for Empowerment, Advocacy and Leadership (APPEAL) and the American Legacy Foundation.***