

# Want to stop using tobacco?

## Take the first step!

Plan to be Tobacco Free<sup>SM</sup> was developed by the Kentucky Cancer Program to assist thousands of Kentuckians who want to stop using tobacco. Attend this one-time educational session with a trained facilitator who will provide you with a toolkit to help you create a plan to be tobacco free.

Plan  
to be  
Tobacco  
**FREE.**<sup>SM</sup>



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

## PlantobeTobaccoFree<sup>SM</sup>

**A free educational one-time session that will help those interested in overcoming tobacco use and dependence including a customized quit plan.**

**Location:** Health Science Campus  
Instructional Building, RM HB 208  
500 S. Preston Street  
Louisville, KY 40202

**Date:** Thursday, March 28, 2018

**Time:** 5:15pm-6:15pm

