## 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.



## PlantobeTobaccoFree<sup>ss</sup>

A free educational <u>one-time</u> 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







The Kentucky Cancer Program is a statewide, state mandated organization jointly administered by the University of Louisville and the University of Kentucky. The mission is to reduce cancer incidence and mortality through education, research, and service.