

*Quit Smoking  
Through the Freshstart Program  
Presented by  
Valley Regional Hospital*



**Wednesdays in May**  
From 6:00 to 7:00 pm

**Wednesdays in August**  
6:00 to 7:00 pm

**Mondays in November**  
6:00 to 7:00 pm

**Cost \$25.00**  
*(\$20 is rebated by VRH if you attend all four sessions)*

***Call 542-1839 to register***

***American Cancer Society, New England Division***