



## *a new horizon...*

### The Smoking Cessation Program at Horizon Healthcare... It Works.

How would you like to quit smoking? Quitting smoking can be challenging and difficult, but you can successfully quit when you know what to do and expect, are motivated, have social support, and create a personal strategy. Stopping smoking requires desire, determination, and commitment, but the more you learn about your options and prepare for quitting, the easier it will be. While some smokers successfully quit by going cold turkey, most people need a plan that involves a gradual reduction in smoking and different processes for satisfying your needs. It is possible to learn how to replace your smoking habits, manage your cravings, and join the millions of people who have kicked the habit for good!

At Horizon's Healthcare our smoking cessation classes have a 95% success rate after 2 years. Join us and we'll help you kick the habit.

*"I stopped smoking for good just over three years ago. Before seeking out the professionals at Horizons, it was a constant battle to stop. Horizon's program gives you the tools to make change permanent."*

*Kelly H.*

Join us March 3, 2009 for an introductory meeting and presentation.

**Call Today:  
332.555.3543**