

Free help to **QUIT** **SMOKING**

Tobacco Cessation Education Class

The pulse and blood pressure return to normal	20 minutes	
	8 hours	Oxygen levels return to normal
All carbon monoxide is eliminated the lungs start to clear mucus	24 hours	
	48 hours	Nicotine is eliminated
The bronchial tubes relax and breathing becomes easier	72 hours	
	2-12 months	The circulation improves
Lung function increases by 5 - 10%	3-9 months	
	5 years	Risk of lung cancer decreases
Risk of lung cancer decreases to that of a non-smoker	10-15 years	

FREE:

- + Nicotine replacement patches or gum
- + Community, worksite, and clinic groups offered

NRT available while supplies last



Recovery and Wellness

Partnership for a Healthier Grayson County

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Contact us today for more information and to register for one of our free classes.

**Pre-registration is required*