

# Are you ready to Quit Tobacco Use?

## We can help.



### How:

- Learn the most effective steps to quit tobacco use
- Design your own *Personalized Quit Plan*
- Receive professional support and encouragement
- Provided by a Mayo Clinic Trained Tobacco Treatment Specialist
- Each session is only 30 minutes

### Where and When:

- Medina County Health Department, 4800 Ledgewood Drive, Medina
- Every Tuesday and Thursday, 4:30 PM – 7:30 PM (by appointment)
- For an appointment, call Dawn Shonkwiler, Medina County Health Department, at 330-723-9688 or toll-free at 1-888-723-9688, then press 1 to reach the Public Health Nursing Division.

### Cost:

- **FREE!** No Cost for this unique and specialized service.

This service provided by a partnership between the Medina County Drug Abuse Commission and the Medina County Health Department.

